This last month has included such a lovely mix of nostalgia, celebration, and anticipation as we commemorated 25 years of Gay and Lesbian Health Services, The Avenue Community Centre, and OUTSaskatoon!

Our Anniversary Gala GLITTER was a resounding success, raising over $15,000 for OUT and $3,000 for Pride Home: A Home for LGBTQ Youth. That’s definitely not bad for our first GLITTER Gala and we all had so much fun that we’re already planning for next year. Highlights from the night included warm toasts from Mayor Charlie Clark, MP Sheri Benson, and RBC Regional Vice President Darcy Martin; incredible entertainment from Abiding Lines Dance Company, Trixie Dynasty, and Zo Payne; OUTShine awards given to Lynne LaCroix, on behalf of her work for Camp fyrefly and Ky Mason Lapointe, for being a powerful champion for queer youth; and last, but certainly not least, a rousing speech from Dr. Sheri McConnell. Sheri and her partner Sheila travelled all the way from St. John’s Newfoundland to join us, and we were honoured to present her with a Generations Award, recognizing the groundbreaking work she and Gens Hellquist did in starting GLHS, as well as all she has done before and after to make the world a more welcoming place for LGBTQ people. Sheri brought us all to tears with stories about Gens and his feisty antics and a powerful toast to the young leaders that make up our future. I assure you, there wasn’t a dry eye in the house.

If you couldn’t make it to GLITTER, there are lots of other ways to get involved in the next month. My personal favourite is the Two Spirit Memorial Feast and Round Dance taking place on December 2nd at the Saskatoon Indian and Metis Friendship Centre. It will be our 2nd Annual Round Dance, and we invite you to join us as we recognize Aboriginal AIDS Awareness Day and continue building stronger cultural integration and awareness within Saskatoon’s LGBTQ Community.

My heart goes out to you all this holiday season. May you find warmth in the company of your loved ones, and the courage to reach out and connect if you need some extra support.

xo Rachel
VISION

A community that values and supports people of all gender identities, expressions, and sexualities.

MISSION

OUTSaskatoon believes in the equity of lesbian, gay, bisexual, trans, two spirit, intersex, and queer people. We provide peer support and counselling, queer-specific education and resources, outreach, social gatherings and events, community referrals, and sexual health services. We support body, mind and spirit within a growing and changing community.

We are sustained by our dedicated volunteers, staff, and board members, as well as by partnerships with all levels of government, charitable organizations, community foundations, corporations, and individual stakeholders.

OUTSaskatoon Board Members

Martha Smith-Norris (Chair)
Dave Cullerton (Vice Chair)
Sean Homenick (Treasure)
Jordan Sherbino (Secretary)
Aiden Aichele
Jennifer Boyle
Cameron Goodfellow
Tyler Moss
Jack Saddleback

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Benjamin Lindsay - Youth Coordinator
youth@outsaskatoon.ca

Mo Mike - Two Spirit Oskâpêwis (Helper)
twospirit@outsaskatoon.ca

Marjorie Beaucage
Two Spirit Elder & Mentor
What’s Happening in Winter?

November 2016:

23rd to Dec 2nd – AIDS Awareness Week (see info on Page 14)

December 2016:

2nd – Two Spirit Memorial Feast and Round Dance at the Saskatoon Indian and Metis Friendship Centre (see info on Page 5)

9th—OUTSaskatoon Groups’ Holiday Gathering (see info on Page 15)

21st —Winter Solstice Celebration (see info on Page 11)

22nd—Youth Formal Dance (see info on Page 7)

23rd—Community Holiday Dinner (see info on Page 16)

January 2017:

6th—Support Group for Family & Friends of Trans & Queer Folks (see info on Page 15)

12th & 13th— Free for All Clothing Giveaway (see info on Page 15)

25th—Learn to Bellydance (see info on Page 14)
OUTSaskatoon
Office/Drop-in Hours:
Mon. – 9am-4:30pm
Tues. – 9am-3:30pm
Wed. – 9am-4:30pm (All), 4:30-9pm (Youth Only)
Thurs. & Fri. – 9am-9pm

OUTSaskatoon
Phone Line Hours:
Mon. – 9am-4:30pm
Tues. – 9am-3:30pm
Wed., Thurs. & Fri. – 9am-9pm
Sat. – 4:30pm-9pm

OUTSaskatoon Holiday Hours:
Closed December 24th to January 2nd.
Regular Hours Resume January 3rd.

OUT Groups Winter Schedule:

Asexual Group: 1\textsuperscript{st} & 3\textsuperscript{rd} Fridays of the Month 5pm-7pm. Last meeting Dec. 2\textsuperscript{nd}, Resume Jan. 6\textsuperscript{th}.

Bi Pan Poly Group: Meets Bi-weekly on Mondays 7pm. Last meeting Dec. 12\textsuperscript{th}, Resume Jan. 9\textsuperscript{th}.

Coffee Row: For LGBT+ Older Adults. Wednesdays @10am. Last meeting Dec. 14\textsuperscript{th}, Resume Jan. 11\textsuperscript{th}.

Dungeons & Dragons Group: Meets the 2\textsuperscript{nd} & 4\textsuperscript{th} Saturdays 6:30pm. Last meeting Dec. 10\textsuperscript{th}, Resume Jan. 14\textsuperscript{th}.

Friday Nights OUT (Two Spirit Programming): Every Friday 5pm-9pm.
Last meeting Dec. 9\textsuperscript{th}, Resume January 6\textsuperscript{th}.

Men’s Night: Meet Bi-weekly on Thursdays 6pm. Last meeting Dec. 15\textsuperscript{th}, Resume Jan. 12\textsuperscript{th}.

Rainbow Coffee: Every Wednesday 4:30pm-9pm. Last meeting Dec. 14\textsuperscript{th}, Resume Jan. 11\textsuperscript{th}.

Women’s Nite OUT: Every Tuesday 7pm. Last meeting Dec. 20\textsuperscript{th}, Resume Jan. 3\textsuperscript{rd}.

The Gens Hellquist Queer Sexual Health Clinic:
Last clinic of 2016 is Dec. 22\textsuperscript{nd}, Resumes Jan. 5\textsuperscript{th}.
Two Spirit Feast and Round Dance

Memorial for Aboriginal HIV Awareness Week

December 2nd, 2016

No One Left Behind

SIMFC
168 Wall Street
Feast 5:30pm
Round Dance & Giveaway 7:00pm

OUT SASKATOON

SASKATOON INDIAN & MÉTIS FRIENDSHIP CENTRE
END OF THE YEAR WRAP UP

DEC. 7TH: MOVIE NIGHT
4:30PM-8:00PM
PERKS OF BEING A WALL FLOWER

DEC. 14TH: HOLIDAY PARTY
6:30PM-9:00PM
playing board games, video games, having snacks, making gender bread cookies

Rainbow Coffee will be on hiatus from December 21st, and will re-start January 11th

RAINBOW COFFEE IS BACK

LGBTQI sign language with the Saskatchewan Deaf & Hard Of Hearing Services
January 7th at 4:30-6:00pm
Dinner at 7:00

Learn more about music with Girls Rock Camp YXE and Open Door Society
January 16th at 4:30-6:00pm
Dinner at 7:00

Dancing class at Oriental Dance Arts, @ Luther Special Care Home
January 25th meet at OUTSASKATOON at 4:30pm, we will travel from there!

Rainbow Coffee is Looking for Donations!

OUTSaskatoon's youth group is putting on a formal dance and would like your help!

We are looking for blazers for youth in the community who do not have access to formal wear.

If you would like to donate, feel free to drop them off at OUT during our drop in hours, anytime before December 22nd!
Winter is a Drag
Youth Formal Dance

LGBTQ+ Youth Winter Dance
Ages 12-19
December 22nd, 2016
At the St. George Senior Centre 1235 20 St W
8:00-9:00pm: makeup + trying on dresses
9:00pm-12am: Dance
Tickets are 10$ at the door
Drinks + snacks offered
Dresses and blazers to try on, and a photo booth!
Open mic/drag performances
Ft. Mystery drag performance
Generations Award  
Gens Hellquist and Dr Sheri McConnell

Gay and Lesbian Health Services (GLHS) was incorporated 25 years ago to this day, later opening its doors in January of 1992. We truly owe thanks to Gens Hellquist and Sheri McConnell for putting their hearts and their minds together to turn a vision of social change into a thriving LGBTQ community centre.

We are honoured to remember Gens and his fierce activism locally and nationally, as well as to recognize Dr. Sheri McConnell for her transformative work at grassroots and institutional levels in regards to gender and sexual diversity.

Today Sheri is the Manager of Field Education in the School of Social Work at Memorial University, and continues to be an active volunteer with LGBTQ, Women's Rights, and Youth-focused initiatives in Newfoundland and Labrador.

The Generations award celebrates our past champions for their generative work in gender and sexual diversity. As well, we are proud to create a Generations Bursary in the names of Sheri McConnell and Gens Hellquist to be provided to our youth award winner for use in their future educational pursuits.

OUTStanding Award  
Lynne LaCroix

Lynne has worked for decades in various management capacities with the city of Saskatoon. Currently, she is director of recreation and community development. Alongside this work, Lynne has been a tireless volunteer with Camp fyrefly Saskatchewan since its inception in 2008.

"Simply put, Camp fyrefly Saskatchewan would not be the success it is today without the invaluable efforts of Lynne LaCroix."

KnockOUT Award  
Ky Mason Lapoint

Ky is currently in grade 12 at Bedford Road Collegiate and has been a strong volunteer for OUTSaskatoon, a member of Rainbow Coffee and the QYC (Queer Youth Committee), and a leader in his school GSA, where he worked to make all student's feel welcome and provided needed safe space within our schools. He is a courageous and committed activist for the gender and sexually diverse community.

"Ky Mason Lapointe is a truly rad and inspiring dude. He’s going to change the world that we live in for the better and this is only the tip of the iceberg."
Thank you to our GLITTER Sponsors!

Gold Sponsor

Silver Sponsors

Bronze Sponsor

Champagne Sponsor

Friends of GLITTER
Mark A. Roeder captured my high school experience so unbelievably well in this book that I couldn’t help but relate and feel for Ethan and his journey. I loved that Ethan was a jock, it helped exemplify other characteristics of gay youth and show that there isn't one type of personality that screams gay. There are a myriad of books in the Gay Youth Chronicles and the characters from each book overlap occasionally. Someone is Watching is fifth in chronological order within this series.

- Chris Mirosovsky

We have 19 Mark A. Roeder books you can check OUT and over 2500 other books you can borrow from our library!

Someone is Watching is part of the Gay Youth Chronicles written by Mark A. Roeder. The book is about a 17 year old boy named Ethan who is discovering himself and coming to terms with being gay. He is a varsity wrestler in his high school and works on the farm after school for his uncle whom he lives with. One day, Ethan receives a note in his locker that someone knows he's gay and threatens to expose him.

Throughout the course of the book, Ethan is juggles classic high school dilemmas like dating and extracurricular activities as well as the constant threat of exposure. Someone is Watching deals with many issues gay youth face on a regular basis including fitting in, depression, confusion, acceptance, and even suicide. Ethan represents many gay youth out there and his journey is no less challenging than what many young men face today.
WINTER SOLSTICE
DECEMBER 21, 2016

Sunset Solstice Light Circle @ 5:30pm

Join us to celebrate the return of the light

Solstice Feast @ 6:30pm
Wild Rice hotdish, salad, punch

Solstice Dance @ 7:30pm
Rockin' to Yuletide tunes from around the world

*don't miss it*

OUT SASKATOON

#201-320 21st Street West, Saskatoon, SK
Phone: 306-665-1224   Email: hello@outsaskatoon.ca
Mental Health for the Season

Winter can be hard on your mental health. The days can be gloomy, and the sky seems to be completely dark by 4pm. Although we have had a pleasantly warm fall, the cold dark nights are on their way. Winter also brings the holidays, which can be a very difficult time for many of us. Some wish that November would move right into January, skipping the entire season altogether. For all of us out there who hibernate in the winter months, here are some tips to help you get through the season with your mental health intact:

Get outside
The sun may be in the sky only briefly during the winter days, but when it’s out, you should be too! Light therapy is proven effective for helping with seasonal depression. But while light therapy boxes can be very costly, getting some sun is free! Even just a half hour on your lunch break can be helpful in improving your mood during even the darkest of days.

Stay Active
Keeping active is important for the health of your body and your mind. Exercise helps your brain create more chemicals that can increase your mood, calm your mind of worrisome thoughts, and help you better manage stress. Try for at least 20 minutes a day of activity that gets your heart rate up.

Take care of yourself
Be kind to yourself. Eat healthy when you can, and give yourself permission to do the things that keep your spirits up. If that means spending an entire evening binge watching your favorite Netflix show, go for it. Keep warm with hot baths or your favorite hot beverage. Don’t be afraid to say “I’m having an evening for myself.” And most importantly, give your mind rest with enough sleep.

Talk about it
Talk to friends, family, someone you trust, or us here at the OUTSaskatoon drop in centre! Expressing negative feelings can help take the weight of the season off of your shoulders, help you put things into perspective, and give you the courage to make it through until spring.

Breathe
Some with anxiety (such as me) tend to find ourselves holding our breath through the stressful times in life. I have to keep a constant reminder to take deep, slow breaths. Deep breathing is a proven exercise to calm stress, worry, and anxiousness. So take a good, long breath for eight counts, hold the breath in, and then release for eight more counts.

Take up a new hobby or activity
Keeping your mind active with a new activity or hobby can help on those days when you feel like you can’t leave the house. This can be anything from knitting to journaling to crafting to colouring in “adult” colouring books. The most important thing is that you have something to look forward to and concentrate on. Choose something that you can finish, so that in the end you can have a sense of accomplishment and pride.

Validate yourself
These dark winter days can be tough on our spirits, and denying yourself the time and space
to admit you are struggling will only increase negative feelings. You don’t need to give a reason as to why you feel the way you do, just give yourself permission to feel what you are feeling. There is no shame in not feeling joyful, happy, or content, especially when holidays demand so much of our time and energy. Not to mention the pressure that the holidays put on us to enjoy ourselves, buy gifts, and spend time with family.

**Visit friends and take part in community events**

If you feel lonely or isolated, seeking out community can offer support and companionship. OUTSaskatoon has weekly programs which are always free and open for anyone to attend. OUT’s programming runs all through the season until June. Visit our website or stop by to find out the schedule! The public library also offers many free groups and events, as well as providing a quiet space to yourself where you can still feel like you are a part of the community. Volunteering can also be an option for socializing, and gives you a sense of involvement and self-enrichment.

Whatever the reason for your wintertime sadness, seasonal effective disorder and seasonal depression are real conditions. If you find that nothing seems to be lifting your mood, or you are becoming more isolated, depressed, and anxious, there is no shame in seeking out professional help. Talk to your doctor, psychiatrist, social worker, counsellor, or psychologist if your mental health is deteriorating to the point where it is interfering with daily activities such as working, eating, sleeping, and personal hygiene.

Take Care,
Ellen Zelinski—Social Work Practicum Student
AIDS AWARENESS WEEK 2016
ALL EVENTS OPEN TO THE PUBLIC

WEDNESDAY
NOV 23RD
PRESENTATION, ‘WORKING WITH STREET INVOLVED CLIENTS’
HEALTH SCIENCE BUILDING ROOM 1911, COLLEGE OF MEDICINE, U OF S
PRESENTED BY AIDS SASKATOON
12:30-1:30PM

MONDAY
NOV 28TH
THE POSITIVELY RED GALA - 30TH ANNIVERSARY FUNDRAISING EVENT FOR AIDS SASKATOON
TICKETS AVAILABLE FROM AIDS SASKATOON
TCU PLACE
CHAMPAGNE RECEPTION AT 6:30PM, PROGRAM BEGINS AT 6:30PM

TUESDAY
NOV 29TH
BAKE SALE
ARTS TUNNEL, U OF S
PRESENTED BY HIV COMMITTEE
11AM-3PM

MATINEE MOVIE ‘SEX, SPIRIT, STRENGTH’
FRANCES MORRISON LIBRARY
PRESENTED BY P.M. LIBRARY
YORKTON FILM FESTIVAL & AIDS SASKATOON
2-3:30PM

WEDNESDAY
NOV 30TH
MOVIE NIGHT AT THE LIBRARY ‘THE NORMAL HEART’
FRANCES MORRISON LIBRARY
PRESENTED BY THE P.M. LIBRARY AND OUT SASKATOON
6:30PM

THURSDAY
DEC 1ST
WORLD AIDS DAY CANDLELIGHT VIGIL
ST GEORGE’S ANGLICAN CHURCH
PRESENTED BY THE PERSONS LIVING WITH AIDS NETWORK
6:30PM

FRIDAY
DEC 2ND
HIV TREATMENT AND DRUG RESISTANCE
WITH DR ERIC ARNOLD
AIDS SASKATOON
NOON – 1PM, BRING A LUNCH
AIDS SASKATOON CONDOM BLITZ
PARTICIPATING SASKATOON BARS
1PM-4AM

Oriental Dance Arts Welcomes
OUT SASKATOON

to
Learn to Bellydance!

January 25th, 2017
5:30-7:00pm

Luther Special Care Home
3rd Floor Auditorium
1212 Osler Street
(corner Osler & Wiggins)

Everyone Welcome!
Support for Family + Friends of Trans + Queer Individuals

starts JANUARY 2017!

First Friday of Every Month from 6:00 - 7:00 p.m.
Support, discussion + information for friends, family, + significant others of Trans + Queer individuals.

OUT SASKATOON
#201 - 320 21st W
(lobby floor of Habitat for Humanity)
306-665-1324
outreach@outsaskatoon.ca

FREE for All Clothing Giveaway
OUT SASKATOON

People of all genders and sizes are encouraged to take as much or as little as they would like. If you are interested in acquiring cross gender clothing, but intimidated by a store setting, this is your opportunity!

Thursday, January 12th 9AM to 9PM
Friday, January 13th 9AM to 6PM

We will be accepting donations (clean, gently worn items only) beginning Tuesday, January 2nd. We are especially on the lookout for larger/taller sized women’s clothing and shoes in addition to men’s clothing, as well as gender neutral clothing. Donations of wigs, hats, shoes, jewelry and accessories, backpacks and gym bags are also welcome! No luggage please!

OUT SASKATOON

Friday Nights @ OUT
First Fridays: Crafty Queers
Second Fridays: Sharing Circle & Soup Pot
Third Fridays: Games Night!
Fourth Fridays: Storytelling

Two Spirit Fridays

Two Spirit Maskmaking in November and December to be displayed in an Art Show in February at the Saskatoon Public Library! Come OUT and express your identity through this age old art form!

BI/PAN/POLY GROUP PRESENTS...

GROUPS’ HOLIDAY GATHERING
A social gathering for all of OUTsaskatoon's groups.

FRIDAY DEC. 9TH @ MANA BAR
6:00 - 10:00 P.M.

• ARCADE GAMES •
• 19+ RETRO GAMING •
• CASH BAR •
Community Holiday Dinner

Are you not sure what is going on this year at the holidays? Join OUTSaskatoon for our Community Holiday Dinner.

Come on down on **December 23rd at 5:30PM**, all are welcome to this turkey dinner with all the fixings.

Please RSVP with Sarah at hello@outsaskatoon.ca