

Elderberries : Newsletter November 2011

Reminders :

Snow or no snow, these events are coming up this week : the Elderberries Potluck Social, the publication of the first ever Elderberries Recipe Book, your last chance to see the Hello Sailor exhibit, a panel on HIV and aging. And more!

Program :

Is the salt content of your favorite chowder enough to give a codfish a heart attack? Is the cholesterol level the same as the Foot Long Double Bacon and Cheese Breakfast Sandwich? It's time to find out about Healthy Cooking for One or Two. Danica Pion and Annie Chou, students in the Applied Human Nutrition program at Mount Saint Vincent University, are guest speakers at the Elderberries Potluck Social on Sunday, November 27, 2:00 - 5:00 pm.

Please note the address for this meeting : 5770 Spring Garden Road, Halifax. Lobby entry will be staffed 1:30 to 2:30. Please bring along for the potluck something you would enjoy eating : a full kitchen is available, and coffee or tea will be provided. No alcohol, no scents, no pets, please. Therapy dogs welcome. Guest parking not available, but nearby streets are usually not too busy on Sunday afternoons.

Meeting room deposit will be refunded if the place is left spotless (cleanup crew offers accepted). Instead, we will pass the hat for cash donations to the Friends of Safe Harbour, organizers of the Rev Darlene Young Memorial

Christmas Dinner on December 17 (more details in December newsletter). Please remember Safe Harbour's kindness over the years in organizing this event. Donations will help the Friends to buy hams, pies, cranberry sauce, foil roasting pans, and other necessities.

Recipe Book

The first ever Elderberries recipe book will be for sale at the November 27 meeting, at a cost of \$10.00 per copy. Do all your Christmas shopping at one fell swoop : your mother, your sister, your Secret Santa at work, your ex-lover (if you are still speaking). Many contributors will be on hand to autograph your copies.... B-)

Survey :

Thank you for your responses to the Elderberries survey. We are starting to plan the 2012 programs (yes, back at Spencer House in the new year!), and will be incorporating many of the suggestions you sent in.

Goodbye, sailor!

Even good things come to an end, and "Hello Sailor! Gay life on the ocean wave," the popular exhibit at Maritime Museum of the Atlantic, will leave port after November 27. Time to go is running out - tick tick tick....

Cabaret :

The musical *Cabaret*, set in Berlin during the the rise of Nazism, will be presented by Dartmouth Players until November 26. www.dartmouthplayers.ns.ca. The musical is based on the *Berlin Stories* of gay author Christopher

Isherwood.

Future of *Reflections*

Reflections is planning a move to Gottingen Street, to the former premises of the Marquee Club. Even though the proposed space has long been used for bar-entertainment purposes, some local residents oppose the move for reasons of traffic and noise. A public hearing is scheduled for Tuesday November 29, 10:00 am, offices of the Utility and Review Board, Summit Place, 1601 Lower Water Street, 3rd Floor, Halifax. Today was the deadline for written submissions, but anyone may attend the hearing and speak to the issues at that time.

www.nsuarb.ca/images/stories/pdf/notices_of_hearing

Understanding HIV and Aging

Wednesday, November 30, 8:00 to 10:00 pm, at Northwood, 2615 Northwood Terrace Entrance, Bernstein Room, a panel discussion on HIV and Aging. Dr Bob Fredrickson will be among the speakers.

For further information on AIDS Awareness Week programs, see www.gov.ns.ca/aids/

Xtra! Xtra! Read All about It!

Local *Xtra* reporter Simon Thibault interviewed your editor for an extensive piece on Elderberries :

<http://www.xtra.ca/blog/halifax/post/2011/11/23/Elderberries-a-social-group-for-LGBTQ-seniors-in-halifax.aspx>

URLs:

Elderberries newsletter tries to bring to your notice events

of special interest to older LGBTs. The URLs below may lead to a wealth of other local happenings.

<http://www.gay.hfxns.org/LocalEvents>

www.wayves.ca

www.thecompanyhouse.ca

You are now a member :

If you have received this email, you are a registered member of *Elderberries*. If you wish to resign, or simply to stop getting the newsletter, please email your wish to nselderberries@gmail.com.

Typos in this communication are due to many keyboard letters wearing off : edmtsan, what would that spell?

“Enmasted : provided with a mast, as of a sailing ship” (I very seldom write about sailing ships. Anyway, I made up that word.) Does anyone know where to get stick-on letters for keys? Will I have to buy new keys? Will future Lrbri (that’s you) have to decode newsletters lacking some crucial letters? If you are not an Elderberry member, you will never know.