

From: Lynn Murphy malm1@ns.sympatico.ca
Subject: Fw: Elderberries Newsletter - April 6, 2014
Date: 2014-04-06 (Sun) at 17:31
To: Lynn Murphy malm1@ns.sympatico.ca

1. April Elderberries Potluck Social

Sunday April 13, 2014, 2:00 to 4:30.
Location : the Penthouse, 2615 Northwood Terrace. Wheelchair accessible.

Massage Therapy : Some Elders' Questions Answered. Betsy Webb has a diploma in massage therapy from the Sutherland-Chan School and Teaching Clinic in Toronto. She is a member of the Massage Therapists' Association of Nova Scotia. She will speak about what conditions might be helped by massage, and some common conditions where massage is not useful. Is massage safe? Are most clients walk-ins, or referred by a doctor? What qualifications should a massage therapist have? After a presentation of about 30 minutes, she will be happy to take questions from the audience. Social follows.

The Potluck Social is a free monthly event for LGBT persons aged 50+, and our families, friends, and supporters. Parking is often available in the surrounding streets, or there is paid parking in a lot just across from the entrance. Please - no scents, no peanuts, no alcohol, no pets. Service dogs welcome.

For the potluck, please bring something you would enjoy eating and sharing. Homemade or store-bought are both welcome. Coffee and tea are provided. There are no kitchen facilities, so cold dishes or finger food would be the best choices. Please bring any serving utensils your dish requires : for example, knife for cutting a cake etc.

2. Elderberries Coffee Break:

Harbourview Room, 2615 Northwood Terrace, adjacent to Coco's coffee and snacks outlet.

Wednesday April 9 : planning meeting for those taking part in April 14 speaking engagement at Charles P Allen High School, Bedford.

Wednesday April 16 : Coffee Break, open to all.

3. Other community events :

Hard Facts about Halifax's Syphilis Outbreak : 3:30 to 5:00 pm, Dalhousie Student Union Building, 6136 University Avenue, Room 303. Detection, tracking, and solutions to a local outbreak Free presentation from Capital District Health Authority Public Health Services.

Jesus is a Faggot, play by Garry Williams, April 10 to 12. Menz Bar, 2182 Gottingen Street, 8:00 pm, tickets \$10.00 at the door. Play will go on to the Dublin International Gay Theatre Festival in May.

All-Bodies Swim, presented by Halifax Trans Connect, Saturday April 12, Centennial Pool, 6:30 to 7:30 pm. Change in the room where you feel comfortable, wear what you want to wear. Kids and allies welcome. Suggested donation of \$10.00 to cover rental costs, but pay what you can.

East Coast Rainbow Softball Association - Registration.

Friday April 25, Martello Condos lobby, 1550 Dresden Row, 8:00 pm to 11:00 pm

Saturday, April 26, The Company House, 2:00 pm to 4:00 pm.

If you prefer to register online or by mail, please see <http://ecrsa.ca/want-to-join/registration/>

The Association is also looking for team sponsors.

4. Community Event Links :

The Company House

<http://www.thecompanyhouse.ca/html/calendar.html>

Gay Halifax

<http://gayhfxns.org/LocalEvents>

HalifaxPride

<http://halifaxpride.com/events>

Mens & Mollyz Events Calendar

<http://menzbar.ca/calendar-events.html>

Wayves

<http://www.wayves.ca>

5. Message from the Editor :

If you have received this newsletter, you are a member in good standing of Elderberries, a free social group for LGBT persons aged fifty plus, and our families, friends, and supporters. Contact : malm1@ns.sympatico.ca or elderberries.scotia2@gmail.com

From time to time, information is sent in for inclusion in the newsletter. Inclusion does not imply that the information has the approval of the Newsletter or of Elderberries.

Your Editor has been inspired by the call for registrations in the East Coast Rainbow Softball Association. Your editor used to play softball (or maybe it was baseball but what's the difference eh?). Sixty years ago, Clermont School No 98 had 20 students. Grades One to Eleven. iust

maybe it was baseball, but what's the difference, eh?; Sixty years ago, Clement School No. 66 had 26 students, Grades One to Eleven, just enough for two teams. Grade one girls played side by side with grade ten boys. Long before the second wave of feminism, both teams were integrated, because if girls were excluded there would not be enough players for a game.

Obviously, what the ECRSA needs is an Elderberries team. Some of the Elderberries are a little rusty, so we may be looking for a few accommodations : (a) the field to be swept before each inning, to provide a good rolling surface for walkers; (b) adaptive equipment to be available, e.g. Nerf bats; (c) team jerseys to feature the well-beloved (or in some cases cordially disliked) Elderberry Fairy; (d) elderberry wine to be kept in the Emergency Kit at all times, for the revival of players who collapse on the field following a home run.

Your Editor has had no time to proof-read the Newsletter this month. She is researching weird softball rules. Did you know that at one time it was legal to steal first base from second? I don't understand why you would want to do it, but apparently it has been done - about a hundred years ago.