

From: Lynn Murphy malm1@ns.sympatico.ca
Subject: Fw: [wayves-submissions] Elderberries Newsletter June 1, 2014
Date: 2014-06-01 (Sun) at 11:03
To: Lynn Murphy malm1@ns.sympatico.ca

1. June Elderberries Potluck Social

Sunday June 8, 2014, 2:00 to 4:30

Location : the Penthouse, 2615 Northwood Terrace. Wheelchair accessible.

Program : "Personal Directives." Round-table discussion. We all plan to be in perfect health forever (or at least no worse than we are now), but just in case.... What do you wish, or not wish, to happen if you were unable to make medical decisions for yourself? Whom would you delegate to make these decisions for you? Within what guidelines? Who should have copies of your Personal Directive? What if someone else named you as their delegate? To spark discussion, copies of Capital Health's pamphlet *Let's Talk About Personal Directives* will be available. Note : a somewhat different type of directive used to be called Living Will, or Medical Power of Attorney

The Social : 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.

The Potluck : please bring something you would enjoy eating and sharing. Homemade or storebought 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 cake, serving spoons for salad, etc.

2. Elderberries Coffee Break :

Wednesday June 18, 10:30 am : The Farewell Coffee Break!

Harbourview Room, 2615 Northwood Terrace, adjacent to Coco's coffee and snacks outlet. Elder berries members and Northwood residents and staff welcome. Owing to very limited interest, we have decided to discontinue the Coffee Breaks : this will be the last one. So if you always meant to come to a Coffee Break but never quite got around to it - this is your last chance!

3. Nova Scotia Rainbow Action Project - Congratulations

A new Board was elected unanimously at the recent Nova Scotia Rainbow Action Project Annual General Meeting. Best wishes to all the new Board, and especially to Board members from the Elderberries community : Lisa Buchanan, Hugo Dann, Jenn Nearing, and Gabe (Saulnier) Pictou.

If you are not currently an NSRAP member, you can join or renew at <http://nsrap.ca/get-involved/join>

4. Community events :

Thursday, June 12, Sundown : Ellen Page Appreciation Day at the OUTEast Queer Film Festival!

Free outdoor screening of *Whiplash* at the Emera Oval

5. Community Event Links

The Company House

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

Gay Halifax

<http://gayhfxns.org/LocalEvents>

HalifaxPride

<http://halifaxpride.com/events>

Menz & Mollyz Events Calendar

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

Wayves

<http://www.wayves.ca>

8. 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 trusts that there are no typos, grammatical errors, etc in this newsletter. She is busy composing and revising her Personal Directive. Let's see : "If normal medical practice does not revive her, try a large bottle of retsina*. The television in my room is to be turned to cop shows or home renovation shows at all times, and NEVER to sports (except maybe figure skating). Any doctor who even suggests morphine will be reported to the Nova Scotia Medical Association. Under no circumstances will my brother be permitted to edit all the LGBT

morphine will be reported to the Nova Scotia Medical Association. Under no circumstances will my brother be permitted to edit all the LGBT stuff out of my obituary. Anyway, why are you even talking about my obituary? I am not dead yet. Try a little more retsina."

* *Retsina* is a style of wine, usually made in Greece or Cyprus, which includes pine resin. This makes it taste a little like turpentine. Back in 5000 BC, the pine resin was added as a preservative, but the Greeks (and Your Editor) acquired a taste for it.



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