

Elderberries March Newsletter



This month we celebrate St. Patrick's Day. Have you found your 4 leaf clover or are you still looking? Why not come to our monthly potluck socials and celebrate with other folks?

We will meet at Northwood Manor (2615 Northwood Terrace) on Sunday, March 12, 2017 from 2:00 pm to 4:30 pm. This free Potluck Social is open to all LGBTTTQ people aged 50 and over and families, friends and supporters. It is a great way to meet people you know and meet other members and guests. Not a member? It's easy to join. There are no membership fees. Become a member of an active social group of GLBTTQ people. These meetings take place at the Penthouse. Press P on the elevator and when the doors open you are in the room.

For the Potluck, please bring something you would like to eat and share. Home-made and store bought items are welcome. Full kitchen facilities are not available, although there will be tables set up close to electrical outlets if you bring something that requires heating up. Please bring any utensils that your dish requires. If you do come to the Potluck please remember to bring an item or items that can be shared with the group. If you are wondering if you should bring a main dish or sweets, it is best to bring a main dish (example: casserole, plate of sandwiches etc.) we do seem to have more than enough sweets brought in so if you are wondering what to bring, go with a main dish. Remember- no scents, peanut based foods, alcohol or garlic flavoring because of allergies. Pets are not welcome with the exception of service dogs. Northwood is a wheelchair accessible facility. There is paid parking directly across from the building. . **We have started a donation can to be passed around at our potluck lunches to help us pay for programs in the future. We will keep you posted on what this money will be used for. Please do not feel obliged to contribute but if you wish to do so and it is something that interests you, then we would be very thankful.** Last month we gathered together and discussed the concerns and questions the Elderberries have regarding Halifax Pride 2017 and beyond. This month's discussion topic will be a workshop presented by Angus Campbell of Caregivers Nova Scotia.



Recipe of the Month:

Chicken Alfredo Roll-Ups

3 tbsp. butter (plus more to grease the pan)

3 tbsp. flour

2 1/4 c. milk

Juice of 1 lemon

2tsp. chopped parsley

2 gloves of garlic, minced

2 tbsp. cream cheese softened

2 c. shredded chicken

1/2 c. finely grated parmesan

kosher salt

freshly ground pepper

8 cooked lasagna noodles

Directions

1 preheat oven to 350 degrees F. Butter a large casserole dish.

2 melt butter in a large skillet over medium heat. Add garlic and saute until garlic is fragrant, about 30 seconds. Whisk flour into butter and cook until mixture is bubbling and golden, one minute more. Gradually add in milk and whisk constantly. Bring mixture to a simmer, then stir in cream cheese and Parmesan. Let simmer until the sauce thickens, about 2 to 3 minutes.

Add lemon juice and about 1 teaspoon of parsley. Season to taste with salt and pepper. Now stir in chicken.

3 Spoon a thin layer of sauce onto the bottom of the baking dish.

4 Lay cooked noodles in a single layer in the baking sheet. Spread chicken alfredo mixture on each noodle, then roll up the lasagna noodle in the baking dish seam side down. Spoon more sauce on top of the roll-ups.

5 Bake for 15-20 minutes, until the sauce is bubbly and beginning to brown. Garnish with more parsley and serve warm.



Submitted by Wayne and Ken

We still have copies of the Elderberries Cookbook for sale if anyone may be interested in getting one. If so, please see Dan MacKay. There has been discussion about getting a second edition out that would include some recipes from our Syrian refugees.

NEWS:

<http://www.cbc.ca/news/canada/nova-scotia/gay-nova-scotia-couple-raising-a-big-family-say-they-re-still-amazed-at-fatherhood-1.3628622>



Velda's Report:

Hello again my Shweeties,

Velda sees that March has arrived, and you know what that mean, Shweeties. It's time to order a keg and celebrate that old rascal St. Patrick, and all things greenish.

Speaking of greenish, I once had an Irishman, Shweeties. He was so green I had to do everything MYSELF! It was exhausting.

Then there was the Incident With Barney Stone. I figured if people were standing in line to kiss him, he must be GOOD! Imagine my surprise, Shweeties, when I got to the end of the line and had to kiss a ROCK! That was enough blarney for me, Shweeties. I had a cigarette, ordered a hearing aid and left the Emerald Isle for good!

Now I just put on my animal print leprechaun outfit with a few strategically placed four-leaf clovers, and paint the town – well, GREEN, of course, Shweeties!

Until next time, Shweeties. Don't forget to kiss somebody named Barney Stone on March 17th!

Check out the happenings at our Central Library:

<http://www.halifaxpubliclibraries.ca/programs.html?p=3&sdt=02|25|2017&cat=250>

Gay Mens Book Club:

We came together on February 26th to meet everyone who showed interest in the club. We had lunch and enjoyed a great time. We will meet again on March 26th at Will's place. We are reading Anthony Bidulka's "Amuse Bouche". If you are interested in joining our club please contact Ken and I @ kv782915@gmail.com

On March 12th don't forget to set your clocks ahead 1 hour at midnight.



Wayne Collette –Newsletter Editor

Anita Martinez – Graphics Editor

Dan MacKay – Systems Editor