

Greetings cherished Elderberries

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1. MAY'S POTLUCK

WHEN: May 13th 2 pm to 4 pm

WHERE: The Penthouse of the Northwood Centre, 2016 Northwood Terrace Halifax

TOPIC: Suzanne Litke will talk about outdoor activities and walking the Camino, a physical journey and a spiritual experience.

2. APRIL'S POTLUCK

Lynn Murphy and Art Therapist, Don Stevens talked about how artwork helped Lynn to cope with the effects of a stroke. (Below) she explained how her work, "I Feel Threatened" helped her convey the fear and helplessness she felt triggered by sudden loud noises and other negative input.



"The Old Tree Struck by Lightning" helped Lynn depict the sudden devastation that the stroke brought to her life. The art sessions were not art lessons, craft activities or

regimented.

They allowed her to get her mind off her troubles and create an explanation of sorts.



(For the fuller story, please click on this link. <http://wayves.ca/node/328>)

3. NSRAP'S ANNUAL GENERAL MEETING

NSRAP AGM :

The Annual General Meeting of the Nova Scotia Rainbow Action Project will take place at 12:00 noon on Sunday May 13. Location is the Teaching Room, Dalhousie Legal Aid Service, 2209 Gottingen St, Halifax. This venue is wheelchair accessible, including the gender-neutral washroom. Program includes reports on NSRAP activities over the past year, bylaw amendments, and election of the next Board of Directors - nominations open until May 9.

4. OUR ELDERBERRIES' AGM

Our Annual General Meeting will be held on June 10th at the Northwood Penthouse 2 pm to 4 pm. All are welcome.

Call for Elderberries Board Nomination : Secretary

Elderberries is looking for nominations to the post of Secretary on the Elderberries Board. Duties include keeping minutes of Board meetings (normally three or four times per year); correspondence as directed by the Board; occasional contributions to Elderberries Newsletter. Nominees must be a member of Elderberries. Members may nominate themselves or another person. Please ensure that your nominee accepts the nomination in writing via e-mail to the Chair of the Nominating Committee : lynn.murphy46@eastlink.ca. Deadline Saturday May 20, 2018. Nominations may also be made from the floor at the Elderberries AGM, but the nominee must accept either in person or in writing at that time.

5. BIG GAY BOOK SALE IN MAY!

Mystery, history, science fiction, poetry, LGBTQ+ support materials, graphic novels, and more!

The Youth Project shelves are spilling over - so they are paring their collection down to the items they use most frequently and selling off the surplus at the Big Gay Book Sale, Tuesday May 15, 4:00 pm to 7:00 pm, 2281 Brunswick St, Halifax. Prices \$1.00 to 2:00 per book. Unfortunately, this location is not wheelchair accessible.

6. ABOUT THE ELDERBERRIES MUGS.

' Sorry. We're all out of them presently. We'll notify you when more are available.

Sent from [Outlook](#)