

Greetings cherished Elderberries!

THE INDEX

1. September's potluck details
 2. Our October topic and get together
 3. Info about our meeting with C.A.R.P.
 4. The Elderberries Survey
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1. Our September presentation

On September 9, the day Rosh Hashanah 2018 started, about fifteen Elderberries gathered with the usual feast to learn about the Halifax Conservative

Jewish Synagogue, the Shaar Shalom's history with the LGBT community. Sherri's history started somewhat before March 2007 when the Jewish Theological

Seminary said it was OK for gays to be rabbis. What followed, as is traditional in Judaism, much rumination in the following few years, led by both thoughtful

and persistent locals, and visiting luminaries who had a vision of an inclusive worship community, The persistence paid off. With several examples, illustrated how welcoming to LGBT folk, the Shaar now is.

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2. Our October presentation

When: October 14, 2:00pm - 5:00pm. You can arrive before 2:00 and get settled.

Where: The Penthouse, Northwood Centre 2615 Northwood Terrace, Halifax. Enter using the doors at North & Northwood Terrace, take the lobby elevator to the Penthouse.

What: Pot Luck + LGBT Leadership Talk

Pot Luck: Bring something you like to make (or buy) and eat. It doesn't have to be a fancy or expensive dish.

if you like it, someone else probably does too.

Talk Details:

Board member, Allison Brewer will be attending the

Canadian LGBTQ2S Centre Leadership Summit in Saskatoon. The goals of the

summit are to bring together queer leaders from across the country, to share information, and to build capacity across our service organizations.

On

the afternoon of the 14th, Allison will give us the highlights of the Summit and inspire us all to be leaders in whatever ways we can. Remember that 'Generativity' is one of six key methods to living a long and happy life, according to the Harvard _Study of Adult Development_. The best way to selfishly improve your life is to focus on helping those around you.

"Generativity means community building. Depending on the opportunities that the society makes available, Generativity can mean serving

as a consultant, guide, mentor, or coach to young adults in the larger society. Research reveals that between age 30 and 45 our need for achievement

declines and our need for community and affiliation increases. At that point, the best way to selfishly improve your life is to be unselfish and focus on

helping those around you."

"Among all three samples generative men and women at 50 were three to six times as likely to be among the Happy-Well in old age as among the Sad-Sick. In all three Study cohorts mastery of Generativity tripled the chances that the decade of the 70s would be for these men and women

a time of joy and not of despair." From a 2003 book about the study (link below):

Ref: <https://www.amazon.ca/Aging-Well-Surprising-Guideposts-Development/dp/0316090077>

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3. Elderberries + CARP together

On September 12, representatives of your Board met with CARP representative Paula at the Glitter Bean Cafe on Spring Garden Road. CARP is Canada's largest advocacy association for older

Canadians. Formerly the Canadian Association for Retired Persons, today CARP has more than 300,000 members aged 50 plus.

We discussed ways in which the Elderberries and CARP could work together for mutual benefit, and left with some more work to do with our respective boards, and some more long term ideas. We'll be doing a few things together over the next year, so stay tuned to your Elderberries newsletter.

CARP Canada's website is <http://www.carp.ca/>

4. The Elderberries Survey (thus far)

A big thanks to the 72 people who responded to our 2 survey questions:-1. Why don't you attend Elderberries events? 2. Why do you think that others don't? Most replies were brief. Other were lengthy and made a variety of points. This gives us some indications of your concerns and situations. We'll supply greater detail later. It's good that many of you have very active lives.

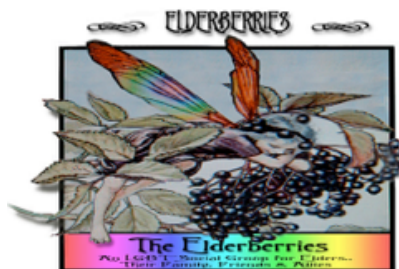
From: Daniel MacKay daniel@bonmot.ca
Subject: [elderberries-all] October Supplement
Date: 2018-10-13 (Sat) at 09:46
To: elderberries-all@bonmot.ca



Elderberries Supplement October 13, 2018

Contents

1. Pot Luck Reminder
2. Sunday's Event
3. Elderberries Mugs Are Back!



1 - Pot Luck Reminder

This event, like most of our events, are a pot luck meal! Bring something you like to make (or buy) and eat. It doesn't have to be fancy or expensive. if you like it, someone else probably does too.



2 – Tomorrow's Event!

When: October 14, 2:00pm - 5:00pm.
You can arrive before 2:00 and get settled.

Where: The Penthouse, Northwood Centre 2615 Northwood Terrace, Halifax.
Enter using the doors at North & Northwood Terrace, take the lobby elevator to the Penthouse.

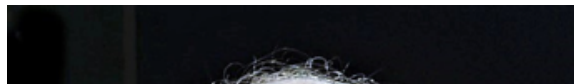
What: Allison on LGBT Leadership!

See your October Newsletter for details.



3 - Elderberries Mugs Are Back!

The Elderherries mugs are BACK! Price is still \$15.00



The Elderberries mugs are £10.00. There is also a £20.00 mug.
The mugs will be available at the Sunday event, or you can arrange to pick one up.

The Elderberries logo is on the front, and the back has the grey pride ribbon and the words: "We are old. We are tired. We can get away with things. So... don't piss us off!"

