

*Celebrating 10 Years of Elderberries - 2010 - 2020*  
**March 2020 Newsletter**

1. This Month's Salon
2. Our Annual General Meeting
3. Last month's salon
4. We're in the 211 Directory
5. In Memory of Richard Ward
6. Members Notices
7. Shake Your Cocktail Maker
8. Elderberries Mugs for Sale
9. Upcoming LGBTQ Events
10. Our Allergy Policy
11. About the Elderberries



## 1- This Month's Salon

**What:** Your Greatest Fear!

**Where:** The Penthouse, Northwood Centre, 2615 Northwood Terrace, Halifax (directions below)

**When:** Sunday March 8th, 2 pm to 4 pm.

**Food:** Scones, butter, tea and coffee will be supplied.

Feel free to bring food or drink to share.

**BTW:** March 8th is International Women's Day!

And we'll be on Daylight Savings Time. So, don't be late.

**Directions:** Enter Northwood via the door at North Street & Northwood Terrace. Take any of the three elevators on your left to "P" the Penthouse. We have that whole space for the afternoon.



## 2 – Annual General Meeting

This was a brief meeting. The following people are on the Board for a year: Anita Martinez (Treasurer), Dan MacKay (Secretary and Ex Officio), Allison Brewer, Pauline Federick, Mike Sangster, Richard Crooks, Lynn Murphy(ex-ex officio member) and barend Kamperman (Chair.)

A big thank you to Paula Wedge who served on last year's Board and of course to those who volunteered to help this year.



## 3 – Last Month's Salon

Carolyn Gesner gave a talk with slideshow of her time at the Churchill Manitoba polar bear research station.

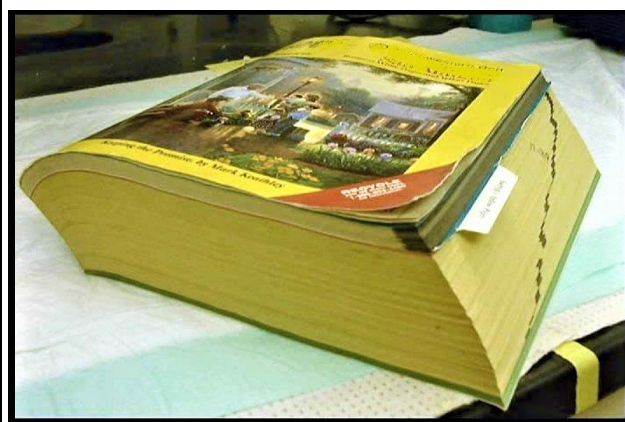
Anita Martinez videotaped her presentation. To view it, click or go to [gay.hfxns.org/CarolynGesner](http://gay.hfxns.org/CarolynGesner) . There's one video for the main presentation, and another for the questions afterwards.



## 4 -- Nova Scotia 211 Directory

The Elderberries has been listed in the Nova Scotia 211 directory since 2015. 211 Nova Scotia is a free helpline that connects people to community and social services in your area 24 hours a day, 365 days a year. They have a website as well, but since 2015, they have made 6 referrals to Elderberries:

- Direct requests for the number for Elderberries
- A call from an individual who was 50+ who identified as bisexual and was looking for an opportunity to talk to others who identify as LGBT
- Service provider was looking for an LGBT advocacy group for a client who is a senior
- Caller is a senior looking for services specific to the LGBT community
- Caller was looking for supports for a 50 year old who has recently come out



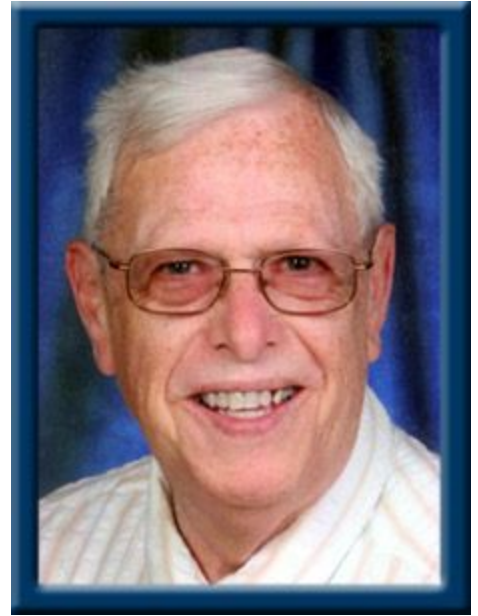
## 5 -- Richard Ward

Requiescat in pace Richard Ward, 75, who passed away suddenly in South Shore Regional Hospital, Bridgewater, on Thursday, February 13, 2020. Richard was a member of the Over Thirties group in the '70s and 80s, and Safe Harbour Community Church. For work, he was one of the owners of Ward's Flower Shop in Liverpool for many years, went on to do flowers and wedding cakes from home, and lastly at Langille's Print in Bridgewater until his retirement.

Richard was predeceased by his partner, Robert "Rob" Jones, and is survived by his daughter, June LeBlanc (Ken Wyatt), of Port Medway; his granddaughter, Brooke Lawson (Austin Selig), of Caledonia; and sisters, Sylvia (Michael) Langille and Theresa "Terry" Dorey.

He loved to sing and was in many choirs.

Cremation has taken place. Donations in Richard's memory may be made to Chester United Baptist Church, the Blandford Community Centre or to a charity of your choice.



## 6 --Members' Notices

If you have an announcement about a birth, a Graduation, moving, wedding, of you, your partner, kids, your grandkids etc, just <Reply> with them, or send them to [AtlanticCanadaElderberries@gmail.com](mailto:AtlanticCanadaElderberries@gmail.com)



## 7 — Raspberry Elderflower Mocktail

**Ingredients:** ½ cup fresh raspberries • ⅓ cup elderflower syrup • 1 cup *each* cranberry juice & apple juice • ice cubes • 1 lime, sliced

**Method:** Mash raspberries using a mortar and pestle or fork. In a cocktail shaker, shake elderflower syrup, juices, and ⅓ of the berry puree. Pour over ice in a tall glass and top with remaining puree. Garnish with a slice of lime.



## 8– Elderberries Mugs For You!

Need a cozy gift? Elderberries mugs are perfect.

On the back is 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!

The price is \$15.00; you can get one at our events or we can mail one to you.



## 9 – Upcoming LGBT Events

LGBT Halifax 45+ [meetup.com](https://www.meetup.com) group

Find your tribe of like minded spirits. There are various interest groups meeting at different times. Once you're on [meetup.com](https://www.meetup.com), look for Halifax-45-LGBTQ-Commingle-group

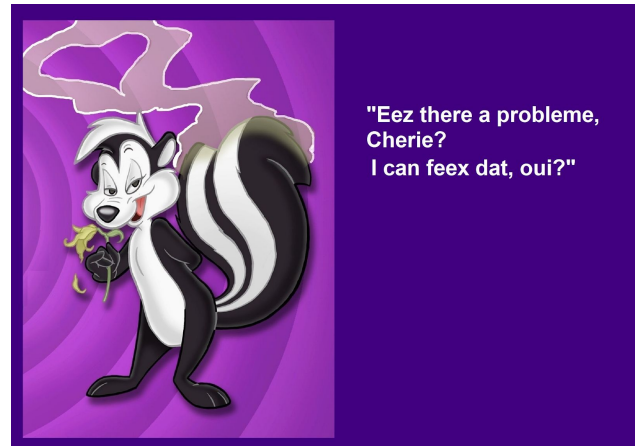
You can find all local LGBT Events in one place! Check out: <http://gay.hfxns.org/LocalEvents> or google “gay halifax local events”



## 10 – Allergy Policy

If you have allergies – to dogs, cats, cell phone signals, peanuts, tree nuts, pineapple, shellfish, pork products, perfume, mustard, anything – and plan to attend an Elderberries event, please tell us. We'll notify our members a few days before the meeting.

We can't guarantee an allergen-free experience on the way to, or at our venue, but generally our members will read and heed. If you're sharing food, let everyone know what's in it. If you're not sure, say so. Everyone, always, however, appreciates a no-scent policy. Hint.



## 11– About The Elderberries

The Elderberries is the social, educational, and activism group for LGBT Elders in Atlantic Canada. • To join the Society and the mailing list, send an email to [AtlanticCanadaElderberries@gmail.com](mailto:AtlanticCanadaElderberries@gmail.com) • To be notified of Elderberries Events via Meetup, join the Meetup group, “Halifax-45-LGBTQ-Commingle-group” [or click here](#) • We have a Facebook group too! Join the Facebookgroup, “NSElderberries” • We have Elderberries mugs and cookbooks for sale. If you’re interested, please email us at the address above. • To be removed from this mailing list, just <Reply> with the word “Unsubscribe”.

