

Elderberries Newsletter

October 2015 ☐



1. Elderberries events :

Fall picnic : Sunday October 4, 2:00 - 5:00 pm

Location : Black Rock Beach, Point Pleasant Park, Halifax, right beside the Lower Parking Lot.



Those who attended the sun-drenched Annual Potluck Picnic in August were unanimous in calling for a Fall Picnic in September or early October. So here it is - by popular demand - the first ever Elderberries October Potluck Picnic! The site has picnic tables and is close to the water, offering a fine view of sailboats and of McNab's Island. A short boardwalk is ideal for wheelchair/walker traffic, and many trails lead farther into the park for more athletic picnic participants. If you have folding chairs, they might be more comfortable than the wooden benches! In order to save the \$60.00 plus booking fee, we have not reserved the space. This late in the season, first come - first served will, we hope, be sufficient to stake our claim. You probably need a windbreaker, and especially a hat to cope with the sun and its reflections off the water.

For the potluck, please bring something you would like to eat and share, including non-alcoholic drinks and other goodies that don't need heating (no electricity or water available, also no coffee). Don't forget serving implements as needed : salad tongs, knives to cut cakes, etc.

Well-behaved dogs on leash are welcome : please remember water and a bowl for your canine friend.

The picnic is free, and is open to all LGBT persons aged fifty plus, and our families, friends, and supporters. Free-will offerings in cash toward the cost of printing our membership handouts will be gratefully accepted.

After forecasts of rain, the current predictions are for beautiful sunshine!

October Elderberries Potluck Social : Sunday October 18, 2:00 - 5:00 pm
Please note : NOT the second Sunday, owing to the Thanksgiviing holiday
Location : the Penthouse, 2615 Northwood Terrace, Halifax. Wheelchair accessible.

The Program : Elections to the Elderberries Board.



Several members have already been nominated. It is not too late to put forward your name or another's for nomination. If nominating another, please be sure you have their consent. We urge all nominees to attend the October 18 meeting. Positions open include Chair, Secretary, Fundraising/Treasurer, Newsletter Editor, Program Coordinator, Membership Coordinator, Out-of-Town Representative, Social Media Coordinator, and others (these titles subject to change : also, some positions may be combined). Candidates will be elected to the Board, and not to a specific position. Following the elections, while members socialize, the new Board will meet **immediately** to decide which members will fill which positions. NOTE : This means *immediately*, not, as last year, *sometime*, which led to unfortunate delays. Candidates, please allow time for this meeting.

The Potluck : Please bring something you would enjoy eating and sharing. Room temperature items are best, as there is no access to stove or microwave. Both home made and store bought items are welcome. Coffee and tea are provided courtesy of Northwood.

The Social : The Elderberries potluck social is a free monthly event, open to all LGBT persons aged fifty plus, and our families, friends, and supporters. Not a member? Not a problem! Come and join - bring a friend! Parking is often available in the surrounding streets, or there is a paid parking lot just across from the entrance. Please - no scents, no alcohol, no peanuts, no pets. Service dogs welcome.

2. Harvest Pride – Wolfville

Wed Oct 21st (4:00 – 7:00 pm) –
Wolfville Farmer's Market theme is Health and Wellness.



Join Bruce Walker, gay man, author, human rights advocate and retired lawyer, as he launches his book; Bruce Walker Travel Adventures-Summer 2012. In the book he chronicles his struggles to come to terms with the loss of Lloyd Simmons, his husband and spouse of thirty years, and his retirement from the practice of law. The book is also a travelogue of his journey across Canada from Wolfville to Dawson City, Yukon and then to Vancouver Island. Bruce will have copies of his book with him for signing and for sale. Come to meet and talk with Bruce about his book on: Wed Oct 21st at the Wolfville Famer's Market. Please also visit his website: www.brucewalkertraveladventures.ca. There will also be health-related information from various LGBTQ+ organizations.

**Live music concert hosted by Scott Bosse, aka Contessa, featuring award-winning blues singer Theresa Malenfant. Tickets : \$15.00
Location : Al Whittle Theatre, 450 Main Street, Wolfville (old Acadia Cinema) : Friday October 23.**

Pride flag raising



Location : Waterfront Park, Wolfville. Saturday October 24 - noon
Local politicians and activists speaking.

Choirs:

Location : Horton High School Performance Centre, 75 Greenwich Rd S, Wolfville. Saturday October 24 - 7:30 pm.

Scott Jones and the Vox choir team up with Annapolis Valley Honour Choir for fundraising and education/awareness. All proceeds will go to the Don't Be Afraid campaign and the Valley Youth Project.

Celebration of Spirit : sharing, music, and community.

Location : Acadia University, Manning Chapel, Wolfville. Sunday October 25, 11:00 am

All Harvest Pride venues are wheelchair accessible.

3. Venus Envy events :

Location : Venus Envy, 1598 Barrington Street, Halifax, 902-422-0004.

Accessibility : Venus Envy is wheelchair accessible, but the gender-neutral washroom is not. There is a wheelchair accessible washroom next door at Starbucks. If you have scent sensitivities, be advised : scented products are sold at the store. If you would like to have sign interpretation, please contact kaleigh@venusenvy.ca

S Bear Bergman, award-winning author and educator :

Sunday October 4 : Free reading and book signing, **Sex Positive Trans Sex**, 6:00 - 7:00 pm.

Monday October 5: Workshop, Sex Positive Trans Sex, 7:00 - 9:00 pm. Pay what you can. Tickets available at the store.

Francisco Ibanez Carrasco, writer and AIDS activist :

Thursday, October 22 : Free reading and book signing, **Giving it raw : nearly 30 years with AIDS**, 9:00 pm

4. Allies :

Vigil for Missing and Murdered Aboriginal Women : Sunday October 4, 12:30 to 6:00 pm

Location : Meet at Parade Square. Opening prayer, then march to the Mi'kmaw Native Friendship Centre, 2158 Gottingen Street.

Welcome, speakers, drumming, songs, and refreshments.

Amnesty International E-Action : Think that major violations of human rights take place only in other countries? Think again. Amnesty International asks for signatures to their e-action at <http://www.amnesty.ca/nomorestolensisters> This is the tenth anniversary of Amnesty International's **Stolen Sisters Report** on missing and murdered aboriginal women in Canada. Since then, dozens more aboriginal women have disappeared or been killed.

Private refugee sponsorship : public information session : Tuesday October 6, 7:00 pm

Location : Halifax Central Library, 5440 Spring Garden Road, Halifax

What is private refugee sponsorship? What are the responsibilities of sponsors? How can a group sponsor Syrian refugees? What do we do next? Questions answered for people wanting to take action.

“Refugees welcome : no one is illegal.” Rally. *Saturday October 10, 1:00 pm.* Details not yet available.

5. Health events :

The Fountain of Health : 5 steps to promote brain health and positive aging.

Location : Halifax Central Library, 5440 Spring Garden Road, Halifax.

Friday October 2, 10:00 am : Change how you think about aging

Friday October 9, 10:00 am : Stay physically active

Friday October 16, 10:00 am : Your mental health

Friday October 23, 10:00 am : Continue to learn new things

For more details, see <http://www.halifaxpubliclibraries.ca>

Building better sleep

Location : CHT 58 Tacoma Drive, Dartmouth : Thursday October 22, 1:30 - 3:30 pm

Food fads : fact or fiction?

Location : Bedford Public Library, 15 Dartmouth Road, Wardour Centre : Tuesday October 6, 1:00 - 2:30 pm

CHT 58 Tacoma Drive, Dartmouth : Monday October 19, 2:00 - 3:30 pm

Young Tower, 6080 Young St, Halifax : Monday October 26, 10:00 - 11:00 am

Food for one or two - two week program

Location : Tallahassee Community Centre, 168 Redoubt Way, Eastern Passage : Tuesdays October 27 and November 3, 10:00 am - 11:30 am

Halifax North Memorial Library, 2285 Gottingen St, Halifax : Thursdays October 29 and November 5, 6:00 - 7:00 pm

Discover your personal strengths- two week program

Location : Bedford Public Library, 15 Dartmouth Road, Wardour Centre : October 23 and 30, 10:30 am - noon

Halifax Central Library, 5440 Spring Garden Road, Halifax : October 14 and 21, 10:00 - 11:30 am

Keshen Goodman Library, 330 Lacewood Drive, Halifax : October 6 and 13, 6:30 - 8:30 pm

Making the most of your food dollar (three week program)

Location : Grace Chapel, 255 Ross Street, Halifax : Thursdays October 22 - November 5, 1:30 - 3:00 pm

CHT, 833 Sackville Drive, Upper level : Mondays October 26 - November 9, 9:30 - 11:30 am

Seniors home safety program - Halifax Regional Police

Location : Young Tower, 6080 Young St, Halifax : Wednesday October 7, 11:00 am - noon. To register, call 902-490-2554 or e-mail seniorssafety@halifax.ca

Top 10 tips for understanding and managing chronic pain - The Arthritis Society

Location : CHT, 833 Sackville Drive, Upper level : Thursday October 29, 6:00 - 8:00 pm

Other October events :

Halifax Pride Annual General Meeting : Tuesday, October 6, 7:00 - 9:30

Location : Admiral Room, Lord Nelson Hotel, 1515 South Park Street, Halifax

Agenda not yet available.

Wedding :



Elderberries Board member Danny Chandler will marry Robert Perry at the Old Orchard Inn in Wolfville, Saturday October 10, 2015. Dance to follow at 8:30 pm. Elderberries sends congratulations and best wishes to Danny and Robert for a long and happy life together.

National Coming Out Day : October 11

Not quite out of the closet yet? Clean out any fear, self-doubt, bad memories, negative emotions - and then ***kick open the door and come out!***

Spirit Day - October 15

Wear purple on Spirit Day in support of LGBT Youth who endure bullying.

Federal election : Monday October 19, 2015

Vote as you like - but vote! If you don't vote, you can't complain - and what fun is it going through four miserable years of enduring whatever the new government might think is good for you, if you can't complain?

"I don't know what they all stand for." More than two weeks till election day - plenty of time to read up on the party platforms, and to do a little research on your local candidates. If they haven't addressed issues most important to you, write an email or make a phone call. Your candidates are highly motivated to respond, just now!

"Well, my side won't win anyway!" You never know - and "your side" might accomplish even more in changing minds and hearts as a member of the Loyal Opposition. Many countries still envision all opposition as treasonous, and opponents are likely to be thrown in jail, or worse. The concept of the Loyal Opposition, now almost three hundred years old, is a cornerstone of democracy.

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 : 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 is apt to spend the mornings sleeping, the afternoons lying down with a book, and the evenings watching cop shows on TV. Occasionally she works in a little Ai Chi exercise. Sometimes there is a noon hour auditing the St Mary's course on "Crime and punishment in England before 1800" (the prof promises there will be some gay content along around November). Painting group is Friday mornings. Gotta get to Petes for groceries! With all this busyness, she sometimes doesn't get to the Newsletter until midnight, and after a midnight to 4:00 am session of course she **really** needs to spend the morning sleeping. As you will appreciate, her devotion to spelling and grammar sometimes slips by the wayside. The truth is out. It isn't gremlins or goblins or leprechauns who make all these mistakes – alas, it is Your Editor.

During September, Your Editor also managed to accomplish one of the items on her Bucket List. Accompanied and assisted by two friends, she makes her way to Rainbow Haven. Each friend grabs one side of the walker and moves it two steps forward thru the sand toward the foaming ocean. Firmly grasping the handles, Your Editor lurches forward two steps across the beach, then pauses, panting, and pulls down the edges of her straw hat. Friends forward two steps. Editor forward two steps. Wind tries to blow hat off. Editor grabs brim. At last - the kiss of the surf against sand-burned feet. Abandon walker for cane. Waves surge up to the bare knees. (Of course I was not

wearing one of my ankle-length skirts. I was wearing shorts! No, you probably don't want to enshrine that vision in your memory. Moving on, then.) It has been eleven years since I got my feet into the ocean - of what small things are bucket lists made! Thanks to my friends for making it possible. Now don't tell me about Spell Check.

Lynn Murphy
Newsletter Editor

Anita Martinez
Graphics Editor