



The Elderberries Newsletter

February 2016

Elderberries events :

Pink Triangle Day :



February 14



Robin Metcalfe, who brought the nation Pink Triangle Day, will speak at the Elderberries Potluck Social, Northwood Penthouse, Sunday February 14. Free event. Bring your sweetie, bring your mama, bring your friends. Bring finger food - sorry, kitchen facilities not available. Coffee and tea provided courtesy of Northwood. More details previously posted. Please note : elections for three vacant places on the Elderberries Board will follow the discussion period.

Your Turn to Speak Out



Charles P Allen High School in Bedford has once again invited Elderberries to send teams of speakers to take part in their annual OPA Day. We could use as many as fifteen speakers, so don't be shy - sign on now!

Teams of three go into a classroom of high school students and speak out of our personal experience. Topics might include "LGBT history," "growing up LGBT in the olden days (that is, before they were born around 1998!)," "challenges of coming out to family, friends, classmates," "how is being trans different from being gay," memories from early LGBT organizing in Nova Scotia. We speak for a few minutes each, then turn it over to a very informal question time. Past experience has shown the youth - and teachers - eager to hear about our experiences, already somewhat aware of LGBT life, especially interested in trans issues. This is a very friendly crowd. The students' first question this year when planning began for the day was, "Are the Elderberries coming?"

You do not need to be an experienced speaker : you can always hand off to one of your team members if you need to. Also, if asked something too personal, you can just say so and move on. We would really like to hear from you now, so we can plan for the Friday April 8 event. We would also like speakers to get together one day in March to set up teams etc.

Experience not necessary - email lynn.murphy46@eastlink.ca.

Seniors Pharmacare : How Much Will You Pay?

Wondering how you will fare under changes coming to Seniors' Pharmacare in Nova Scotia? The Nova Scotia government posted an informative table and FAQ at

http://www.novascotia.ca/dhw/pharmacare/documents/seniors_pharmacare/Pharmacare_FAQ.pdf

However, that isn't the end of the story. Fierce feedback from some seniors who may see their premiums as much as triple has caused the government to take a second look :

<http://www.globalnews.ca/news/2496344/nova-scotia-reviewing-controversial-changes-to-seniors-pharmacare>

Watch this changing story, or you could call your MLA to voice your concerns (or support) up close and personal.

Research on Barriers to Physical Activity for Transgender Adults

Do you identify as transgender? Are you eighteen years of age or older? Do you live in Canada or the USA? A research team from the College of Kinesiology, University of Saskatchewan, and the School of Human Sciences, University of Northern Colorado is looking into barriers to physical activity faced by transgender adults.

Participants will take part in a 15-20 minute online survey. It is all confidential : you will never be identified when the study findings are presented. If interested, contact <https://fluidsurveys.usask.ca/s/Tbarriers2PA/>



Winter Slow Dance



"Twinkle lights, slow songs, chill chats, and sparkly friends will make you glow." Friday February 12 at the Company House, 2202 Gottingen Street, Halifax. Wheelchair accessible, including main level washroom. Doors open 8:30 pm, dance from 9:00 to 11:00 pm. \$10.00 at the door to benefit the Queer Acts Theatre Festival. Come as a couple, come as a single. Cut in on your friends, invite a wallflower to dance, or enjoy the company of one of the Designated Dancers. And at 11:00 pm, the Winter Slow Dance turns into Stoplight Retro at the CoHo : you can flee from the Slow Dance ball like Cinderella (leave a mukluk behind so your prince or princess can trace you by your boot size), or dance on until 2:00 am!

Events at Venus Envy :



1598 Barrington Street. Venus Envy is wheelchair accessible : accessible washroom next door at Starbucks. Sign interpretation available on advance request : 902-422-0004. Please note : scented products are sold in the store.

February 14 : Pink Triangle Day at Venus Envy : Queer Love, Past and Present

Sunday February 14, 6:00 to 8:00 pm. Readers include Shannon Webb - Campbell, whose *Still No Word*, published in 2015, won Egale Canada's Out in Print Award ; and Nolan Natasha Pike, whose novel *Punching Bag* is in progress.

February 23 : How to Talk Dirty

Workshop on Erotic Talk, Tuesday February 23, 7:00 pm - 8:30 pm. Cost \$20.00 (\$10.00 sliding scale). Pre-paid registration required : 902-422-0004, or <http://www.venusenvy.ca/events/erotic-talk-talking-dirty-everyone-2016-02-23>

February 28 : She is Sitting in the Night : Revisioning Thea's Tarot

"A contemporary queer revisioning of a beautiful feminist tarot deck from the 80s." Halifax book launch with author Oliver Pickles. Sunday February 28, 6:00 pm to 8:00 pm.

Black History Month Event:



An Evening with Walter Borden

Actor, poet, playwright, and member of the Order of Canada, Walter Borden returns to Halifax to share conversation with friends and to read some of his own poetry. Location : Halifax North Memorial Library, Wednesday February 24, 7:00 - 8:30 pm. Wheelchair accessible. Presented by TD Bank Group.



Halifax Pride

Higher! Faster! Longer! It's not quite the Rio Olympics, but Halifax Pride is on a roll again. You can be part of planning the 29th Annual Halifax Pride.

Remember, Elderberries, how it was on that first tentative Pride March up Spring Garden Road? Come to the Halifax Pride Volunteer Fair and Community Meeting on Friday February 27, 2:00 pm to 4:00 pm at Halifax North Memorial Library on Gottingen Street. See

<http://www.halifaxpride.com/events/halifax-pride-volunteer-fair-community-meeting/>

Paper Hearts at the Nook



Have you heard about the gay and lesbian friendly greeting cards available from local designers Paper Hearts? Now you can see original prints of Valentine messages on display all through February at The Nook coffee house, 2118 Gottingen Street. Wheelchair accessible. <http://www.thenookhfx.ca> The cards are available for purchase at half a dozen Halifax locations, and around the province from North Sydney to Parrsboro. For the story of how designer Stephanie MacDonald began to produce LGBT related cards, and a look at their full range of greetings, see <http://www.halifaxpaperhearts.com>.

Message from the editor :

If you have received this newsletter, you are a member in good standing of Elderberries, an organization of LGBT seniors aged fifty plus, and our families, friends, and supporters.

From time to time, items are sent to the Newsletter for publication : printing these items does not necessarily imply approval of either Elderberries or the Newsletter.

Although this Newsletter Supplement has been carefully read (and ree-red), there may possibly remain some few typos or grammatical errors. Your Editor humbly apologises for same. She has been distracted by the imminent demise of her computer, which for some days refused either to send or to receive email, and even more adamantly refused to connect to the Internet. And when it did finally connect (my computer guru has become accustomed to my desperate calls), threats from Google Chrome appeared at the top of the screen. This machine has apparently outlived the interests of its inventors in providing tech support. O, Saint Steven Jobs, come now to my rescue! Unlikely, as what I have is a PC and not an Apple.

Your Editor would much rather be composing (or even better receiving) charming valentines and/or pink triangle greetings, hint hint.

Lynn Murphy
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Graphics Editor

Dan MacKay
Technical Editor

