



Elderberries Potluck Social

Elderberries is a free organization open to all LGBT people aged fifty plus, and our families, friends, and supporters. The March Potluck Social will be held at Northwood Penthouse, 2615 Northwood Terrace, Halifax, on Sunday, March 13, from 2:00 to 4:30 pm. Doors open at 2:00; presentation begins at 2:30.

Elderberries Lecture: Dying, Death, and Grief

Roy Ellis, Bereavement Coordinator, Nova Scotia Health Authority, and pastor to the local LGBT community when the AIDS crisis was first recognized in the 1980s, will join us to facilitate a conversation, answer questions, and offer some thoughts on death and dying in a time of industrialized medicine and within a culture of thanatophobia (fear of death).

Potluck :

Please bring something you would enjoy eating and sharing. Both homemade and storebought items are welcome. Kitchen facilities are not available, so finger foods and room temperature items are best. Please bring any serving utensils your dish requires : for example, knife to cut cake, spoons or tongs to serve salads. Coffee and tea provided courtesy of Northwood.

Facilities :

Wheelchair accessible. Please : no scents, no peanuts, no alcohol, no pets. Service dogs welcome. Parking is often available in the surrounding streets, or there is a pay-for-parking lot across from the entrance.

FYI. February's Pot Luck Social was extremely educational and absolutely delightful. Considering it was February, it was very well attended. Many from out of town were also in attendance and the afternoon was not only informative, it was wonderful to share afternoon tea and a variety of delicious treats. The view from the penthouse (an added bonus) is quite spectacular. The very best of all, as always, was sharing tales of our lives to date, with each other.

Charles P Allen High School: Elder Speakers Wanted



↳seen here last year 2015,

signing the Elderberries in...

Elderberries still needs members to join three-person teams to speak at Charles P Allen High School, Bedford, on Friday, April 8, 2016. Depending on demand, your team might be asked to speak to one or two classes, probably of Grade 10 students. Times not yet finalized, but it might be one class in the morning and one after lunch. We are especially short of men this year - come on, guys, this is your chance to shine! Organizer Jenn Richardson writes, "teachers/students have requested to hear about each [LGBT] speaker's experiences through childhood and into adulthood, and how things have changed since they were young.... Maybe also what [speakers] would tell their fifteen-year-old selves if they had the chance." Previous speakers have noted the students were especially interested in trans issues.

These engagements are an enjoyable get-together with young people, some of them LGBT, who in previous years have given us some wonderful feedback. If you are shy about public speaking, don't worry : it's all about a topic on which you are an expert - YOU! - and since you are in a team of three, you can always hand off questions to a team-mate if you like. You can also tell students if a question is too personal, and decline to answer. Offers of transportation to the school would be greatly appreciated. We'll have a planning meeting at Northwood later this month. If you would like to be part of a team, please respond to lynn.murphy46@eastlink.ca.

Accessibility : There is one elevator, but it's at the far end of the building so there is some walking involved. Accessible washroom available.



..The Elderberries and students after the presentations last year. NOTE: It may be difficult to tell the Elderberries from the students. (wishful thinking eh!)

Venus Envy

Venus Envy's popular series of workshops and lectures continues in March, at 1598 Barrington Street. Accessibility : the store is wheelchair accessible, but the washroom is not. Participants may use the washroom at the neighbouring Starbucks. Please note: scented products are sold in the store. For more information : halifax@venusenvy.ca; 902-422-0004.

Tuesday, March 8, 7:00 - 8:30 pm

The Big **O** : Tips and Tricks for Bigger, Better, and More Frequent Orgasms

"Information and fun ideas for women of all histories and identities and everyone is welcome."

\$20.00 (\$10.00 sliding scale) Advance registration required :

<http://www.venusenvy.ca/events/big-o-tips-and-tricks-bigger-better-and-more-frequent-orgasms-2016-03-08>

Tuesday, March 22, 7:00 - 8:30 pm

Safer Sex Queered

"This is the fun, sexy, and pleasure-focussed sex ed class you never got in high school."

Cost : \$20.00 (\$10.00 sliding scale). Advance registration required :

<http://www.venusenvy.ca/events/safer-sex-queered-2016-03-22>

INTERNATIONAL TRANSGENDER DAY OF



VISIBILITY

March 31, 2016. This day was first celebrated internationally in 2009.

***Nova Scotia Rainbow Action Project**

The Nova Scotia Rainbow Action Project's Youth and Elders Project is nearing completion. In late February, Elderberries Jim McSwain and Lynn Murphy, along with Michael Davies-Cole, were interviewed on video about "the olden days" of LGBT activism in Nova Scotia. The videos will be edited in March. An April launch will be cosponsored by NSRAP, the Youth Project, and Elderberries. Watch for details in the April Newsletter.

Transgender Barriers to Physical Activity - Research Project

Researchers for this University of Saskatchewan research project have written to thank us for publicizing it in the last Newsletter. They have received many responses from Nova Scotia. Thanks to any Elderberries who took part in this project.

International Women's Day, Tuesday March 8

Halifax-Dartmouth and District Labour Council and their allies join to celebrate International Women's Day Tuesday March 8, 5:30 pm, on the Grand Parade, in front of City Hall, 1841 Argyle Street. Music, speeches, hot chocolate, and more. For more information, see <http://www.womensemploymentoutreach.org/iwdposter.pdf>

Gerard Veldhoven Wins Sexcellence Award



Pictou County senior Gerard Veldhoven received this year's Sexcellence Award for outstanding work in the field of sexual health education. A long-time LGBT activist, Veldhoven is president of the Board of Directors for the Pictou County Centre for Sexual Health, a member of the Race and Discrimination Committee of the Town of New Glasgow, and author of a weekly column on LGBT issues published in several Pictou-area newspapers. The award was presented February 12, 2016, in the New Glasgow Library Community Room, as part of the observance of Sexual and Reproductive Health Week, February 8-14, 2016.

*Information based on articles in the New Glasgow **News** and the Pictou **Advocate**.*

Message from the Editor

If you have received this newsletter, you are a member in good standing of Elderberries, a free organization (although happy to receive free-will offerings!) of LGBT people aged fifty plus, and our families, friends, and supporters. Contact : elderberries.scotia2@gmail.com, or lynn.murphy46@eastlink.ca . Yes, it's me again. I thought there might be some young, ahem I mean elderly, revolutionaries panting to seize control of the running dog imperialist press in the recent Board elections, but apparently not.

From time to time announcements or articles are sent to the Newsletter for publication. The Newsletter reserves the right to edit or to decline these materials. Inclusion in the newsletter does not imply approval by the Newsletter or by Elderberries.

We found out about the Sexcellence Award by accident : Gerard is too modest to boast about it. Isn't "Sexcellence" a better name for an award than "Oscar"?

And what are yez doin' on St Paddy's Day? Well, after more than 25 years of activism, the Lavender and Green Alliance will be sending a delegation of more than 300 to march for the first time in New York City's 255-year-old St Patrick's Day Parade, from which LGBT groups have long been banned. Having proof-read and grammar-read and looked at the March events for many a local LGBT organization, Yer Editor is positive that this

time she has got it right. Right? But if there are any typos or misprints or errors of fact or important omissions, she will be happy to hear from eagle-eyed readers.

Note : discoverers of typos, misprints, omissions, etc, who notify The Editor thereof, are automatically nominated for Editor at the next Elderberries election. Your failure to read this note will not be considered an excuse for failing to accept such nomination.

Editor

Lynn Murphy

Graphics Editor

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