

Elderberries June Newsletter

As summer comes into view, we can only hope that things begin to get warmer. A great way to celebrate this time of year is to take in the fun of coming together at our monthly Potluck Socials.

The Elderberries

Are you finding club music too loud and too fast? Does it seem far too long since you saw old friends, or met new ones near your own age? You may be looking for a group like the Elderberries. The initiative behind this group comes from the Nova Scotia Rainbow Action Project's Elders Committee, and the Group's objective is to provide a social get-together for LGBT people aged 50-plus while at the same time giving the group information and support on subjects specifically related to LGBT elder issues.

We will meet at Northwood Manor (2615 Northwood Terrace) on Sunday, June 11, 2017 from 2:00 pm to 4:30 pm. Our Potluck Social is open to all LGBTTTQ people aged 50 and over and families, friends and supporters. It is a great way to meet people you know and meet other members and guests. Not a member? It's easy to join. There are no fees for membership. Become a member of an active social group of GLBTTQ people. These meetings take place at the Penthouse. Press P on the elevator and when the doors open you are in the room. For the Potluck, please bring something you would like to eat and share. Home-made and store bought items are welcome. Full kitchen facilities are not available, although there will be tables set up close to electrical outlets if you bring something that requires heating up. Please bring any utensils that your dish requires. If you do come to the Potluck please remember to bring an item or items that can be shared with the group. If you are wondering if you should bring a main dish or sweets, it is best to bring a main dish (example: casserole, plate of sandwiches etc.) we do seem to have more than enough sweets brought in so if you are wondering what to bring, go with a main dish. Remember- no scents, peanut based foods, alcohol or garlic flavoring because of allergies. Pets are not welcome with the exception of service dogs. Northwood is a wheelchair accessible facility. There is paid parking directly across from the building. We have started a donation can to be passed around at our potluck lunches to help us pay for programs in the future. We will keep you posted on what this money will be used for. Please do not feel obliged to contribute but if you wish to do so than we thank you in advance.

Potluck Topic:

This month's topic will be Downsizing and Spring Cleaning. Come out and share tips for downsizing and organizing your home for the summer months ahead. Patty Shaw has offered to be a guest speaker at this event.

Last month's Potluck topic was Being Gay in the Military. We were all pleased with the turnout for this important topic. We had three guest speakers lined up to present and their submission was excellent. We also had a guest who also participated in the discussion who was well received by the group. David spoke of his experience of being in the Navy. He spoke about what barriers he is still encountering.

Thank you to all our guest speakers for a day of sharing and learning.

Carolyn...she is quite shy and not into making a grandstand, but she did very well. Her words were riveting to say the very least and she threw in a GREAT sense of humour. She was good...her story was amazing...as was Darl's, who also read a bit from her long time ago book she wrote. Great words! Then the two men spoke of a different side in the Navy today. Dale was a bit more boisterous and positive, but felt there was some major changes in the last 15 years or so. The other, David, still in the military, is a Steward serving others on board the ships. He signed up for 30 years. He had already been assaulted at least 4 times. He said things are changing but much to be done. He was amazing. David was extremely well spoken, and got a huge laugh when he started out saying he almost called us the "cranberries". He was so respectful. He seemed to feel comfortable with the group, and we would like to see him return.

There were 22 folks at the meeting...all appeared to be very much present...no complaints...We raised \$71.40, so a big thank you for your monetary support.



Upcoming events :

June 6, 2017

The Depoliticizing of Queerness : a facilitated conversation. Venus Envy, 1598 Barrington St, Halifax. 7:00 pm. Registration free : free-will offerings happily accepted.

June 17,2017

Writing Your Truth, with Catherine Hernandez. Location TBA. 3:00 - 6:30 pm. Registration \$10.00. <https://venusenvy.ca/products/writing-your-truth-with-catherine-hernandez>

Staying Healthy at the Library

1. Expressing Authentic Movement : with Tyler Dillman and Nick Matheson, Physiotherapists.

In partnership with One to One Wellness Centre. Introduction to conscious breathing, body awareness, and authentic movement to unwind tension and relieve pain.

Please wear loose clothing to participate.

Central Library. Monday, June 5 : 7 pm to 8 pm.

2. Your Way to Wellness : Chronic Disease Self-Management Workshop Series.

In partnership with the Nova Scotia Health Authority. For more information, see www.yourwaytowellness.ca

Part of a free 6-week series led by trained volunteers. Registration required : 902-473-7709

Fenerty Room, Sackville Public Library. Tuesday, June 6 and Tuesday June 13 : 6 pm to 8:30 pm.

3. Want Better Health? Build Better Goals.

In partnership with Bedford/Sackville Community Health Team.

What motivates you? What stops you from making better health changes? Learn to make a health plan. Registration : 902-460-4560

Fenerty Room, Sackville Public Library. Wednesday, June 7 : 6:30 pm to 7:30 pm

4. Building Better Sleep.

In partnership with Halifax Peninsula Community Health Team.

Discussion. Registration : 902-460-4560

Central Library. Friday, June 9 : 10 am to 12 noon.

5. Strength Training for Managing Chronic Conditions : with Tyler Dillman, Physiotherapist.

In partnership with One to One Wellness Centre. Maintaining muscle is the core to healthy aging. Learn how to live better with osteoarthritis, diabetes, obesity, osteoporosis, heart disease, or neurological conditions.

Please wear loose clothing to participate.

Central Library. Monday, June 12 : 7 pm to 8 pm.

6. What the Foot : a Game-Changing Philosophy of Human Movement : with Tyler Dillman, Physiotherapist.

In partnership with One to One Wellness Centre .

Involves movements designed to enhance balance, relieve pain, and increase human potential.

Please wear loose clothing to participate.

Central Library. Monday, June 19 : 7 pm to 8 pm.

7. Arthritis School.

In partnership with the Atlantic Arthritis School Association.

Learn more about arthritis and how to reduce its symptoms. Registration : 902-701-7328.

Central Library. Friday, June 23 : 12 noon to 1:30 pm.

8. From Pain to Performance, with Tyler Dillman and Nick Matheson, Physiotherapists.

In partnership with One to One Wellness Centre.

We will be gathering as a group to watch the Pride Parade on July 22nd on South Park Street long the side of the Pulic Garden fence across from The Smiling Goat at 12:30p.m. to get a good seat and socialize.

Because of this, there will not be or usual mothly Potluck Social for the month of July.



Recipe of the Month:

Anita's Fruit Dip





Carnation 5 minute fudge

2/3 cup undiluted carnation evaporated milk

1 2/3 cups sugar

1/2 teaspoon salt

1 1/2 cups packed miniature marshmallows

1 1/2 cups Bakers chocolate chips (one bag)

1 teaspoon real vanilla

1/2 cup chopped nuts of choice

Mix Carnation , sugar and salt in a sauce pan over medium heat . Heat till boiling then cook for 5 minutes stirring constantly.

Remove from heat add all other ingredients and stir for 1 to 2 minutes (until marshmallows melt and everything is incorporated) .

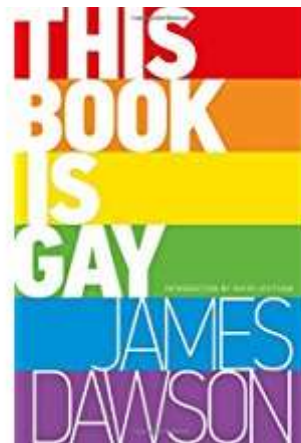
Pour into a buttered 9 inch square pan.

Cool then cut into squares.

Freezes really well after cutting

Submitted by: Scott MacNeil

Book of the month:



This book is for everyone. The book that every LGBT etc. person would have killed for as a teenager, told in the voice of a wise best friend Frank. This book is warm and funny.

News: A new survey claimed that “gay community is racist”.

<http://www.pinknews.co.uk/2017/05/23/shocking-gmfa-survey-finds-racism-is-endemic-among-gay-men/>



Reminder:

Who: All Elderberries members

What: Day Trip for the Pictou County Rainbow Community

When: June 29, 2017 at 3:00 pm

Where: Lolly's Café 135 Provost Street New Glasgow

Particulars: We will have coffee, tea, and light snacks, as well as some light entertainment. We will also open the microphone for any stories or anecdotes people might like to share. Come join us for a fun, friendly afternoon of chatting, story – sharing and being social. The entire space is wheelchair accessible. This event is part of our Pictou County Pride Week 2017.

Our plan is to car pool. If needing a ride, please contact Dan MacKay.

Thank you for your readership and if there is anything that you would like to submit in the Newsletter, please email me.

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