

Greetings cherished Elderberries!

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1. OUR JUNE POTLUCK

WHEN: June 10th, 2 pm to 4 pm

WHERE: The Penthouse of the Northwood Centre, 2016 Northwood Terrace Halifax

TOPIC: Our Annual General Meeting. All are welcome. Board members will be acclaimed or voted in.

Our PRIDE participation, issues and questions will be discussed. Munchies shall be enjoyed.

2. A REVIEW OF MAY'S POTLUCK

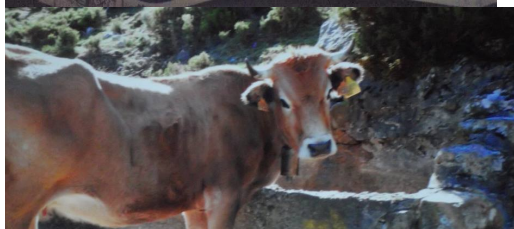
MAY POTLUCK PRESENTATION BY LYNN MURPHY

The Pilgrim's Way in Spain is associated with the apostle James the Greater, patron saint of Spain. According to some legends, James went to Spain, then a Roman colony, to spread the word of the gospel. Upon his return to the Holy Land, he was beheaded by order of King Herod Agrippa. Angels, or possibly local followers, then took his body back by sea to Galicia, in northern Spain, where he was buried on the site of what later became the cathedral at Compostela. Pilgrims from all over western Europe began to walk to Compostela as early as the ninth century. They would wear a cockle shell on their clothing both while on the journey and afterward, to show that they had finished the walk - a tradition that continues to this day. Many pilgrims are still motivated by religion. Others, like Susanne Litke, simply wish to take a break from their everyday lives.

Speaking to Elderberries on May 13, Susanne showed slides of her walk alone along the more than 800 km of the northern route Pilgrim's Way (Camino de Santiago del Norte) to the cathedral of Saint James of Compostela. This route is longer and less travelled than the inland French Way used by more than 60% of pilgrims to Santiago. Parts of the Northern Way feature impressive mountain views to the left and spectacular ocean vistas to the right, with occasional deserted beaches or busy fishing villages for variety.

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Pilgrim hostels called albergues provided minimal accommodation (a spot on the floor in a mixed dormitory) along the Way. Most albergues stood in villages where local restaurants or bars offered food and wine at affordable rates. It was also often convenient to cook a communal meal in the albergue's kitchen. As a fiftyish pilgrim, Susanne found it helpful occasionally to sample the more comfortable accommodations of nearby small hotels which offered private rooms and ensuite showers. It was also possible to lighten her load by walking with a day pack and sending most of her possessions ahead by taxi to the next stop. The presentation included advice on what time of year to go, and what clothing and equipment to take. Are you thinking that Elderberries may be too old and/or decrepit for long distance pilgrimages? One of Susanne's fellow pilgrims, who made it all the way to Santiago, was ninety years old.





3. ARTICLE: GAY MEN AND AGING

www.psychologytoday.com/ca/blog/gay-and-lesbian-well-being/201204/gay-men-and-aging-finding-your-purpose



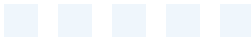
Gay Men and Aging: Finding Your Purpose

www.psychologytoday.com

Believe it or not, gay men, your reason
for being has nothing to do with the gym

<https://>



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