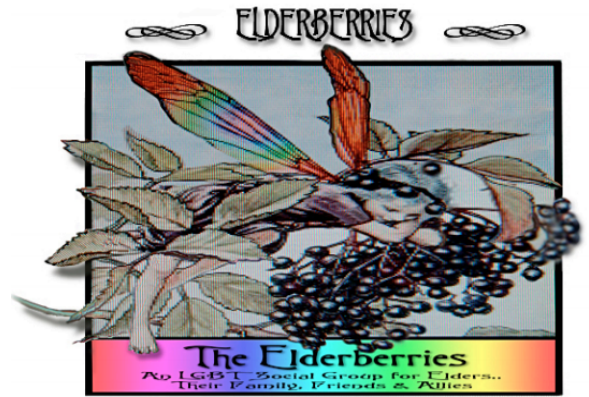


Celebrating 12 Years of Elderberries - 2010 - 2022
October 2022 Newsletter

1. This Month's Salon
2. Last Month's Salon
3. Older Women Podcast
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5. Helping With Queer History
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1 October's Second Sunday Salon

Sunday October 9th 2 PM - 4 PM

Our AGM will establish a renewed board and give updates on our involvements, plans and doings. If you know an Elderberries member who'd be interested in being on the Board, please nominate them, with their approval. It doesn't take a lot of time. Most consultation is done through email or Zoom.

Eastlink wants to tape this Second Sunday Salon. So, we hope to have something interesting to talk about. Maybe a round robin on current, hot topics.



2 September's 2nd Sunday Salon Picnic

September 11th we took a chance and it paid off. We were next to Black Rock Beach in Point Pleasant Park. The weather was agreeable as you can tell. A walking group from Unintoxicated Queers joined us too. Food was shared. And Dan barbecued up some hamburgers for us. A very chatty get together to finish the picnic season.



3 Older Women Podcast

Unruly! A Podcast by Older Women: Conversations with older women from the East Coast of Canada. We talk about our identities, histories, and what matters to us. Reclaiming a voice for older women everywhere! [Here's the link to the podcast!](#)



4 Substance Use Harm Reduction

Substance Use Harm Reduction materials are available free from the AIDS Coalition of Nova Scotia. Details here:

<https://wayves.ca/acns-peer-2022>

Harm Reduction



Normalize talking to patients about substance use in a nonjudgmental way



Don't assume their goal is abstinence.



Use person first, non-stigmatizing language.



Ask about their goals and how substances impact their life.



Drug-Set-Setting: A model to discuss substance use.



5 Isolation Time History Work!

FROM: Dan MacKay, Provincial Queer Archivist

This is a great time to launch, or to continue working on your personal history! If you'd like to write your story, long or short, and want some coaching or talk about the publishing process, OR set up downsizing your archival materials to the Provincial Queer Archives, email me at daniel.mackay@dal.ca.



6 Members' Notices

Broadcast your news! If you have an announcement about a birth, a Graduation, moving, wedding, of you, your partner, kids, your grandkids etc, just <Reply> with them, or send them to

AtlanticCanadaElderberries@gmail.com



7 Elderberries Mugs For You!

Need a cozy gift? Elderberries mugs are perfect.

On the back is the grey pride ribbon and the words:
We are old. We are tired. We can get away with
things. So... don't piss us off!

The price is \$15.00; you can get one at our events or
we can mail one to you.



8 Upcoming LGBT Events

You can find all local LGBT Events in one place!

Check out: <http://gay.hfxns.org/LocalEvents> or google
"gay halifax local events"



9 About The Elderberries

The Elderberries is the social, educational, and activism group for LGBT Elders in Atlantic Canada. To join the Society and the mailing list, send an email to AtlanticCanadaElderberries@gmail.com • We have a Facebook group too! Join the Facebookgroup, “NSElderberries” • We have Elderberries mugs for sale; if you’re interested, please email us at the address above • To be removed from this mailing list, just <Reply> with the word “Unsubscribe”.

