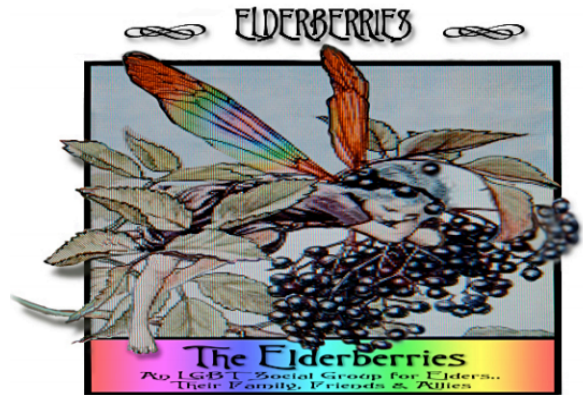


# July 2025 Newsletter

## Celebrating 15 Years of Elderberries -

1. July 13 BBQ at Point Pleasant Park
2. July 21 Elderberries Elders Hangout
3. June 8 Board Games Salon
4. June 22nd salon
5. Upcoming LGBT Events
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### 1. July 13 BBQ at Point Pleasant Park

**When:** Sunday, July 13, 1:00pm

**Where:** Point Pleasant Park LOWER parking lot

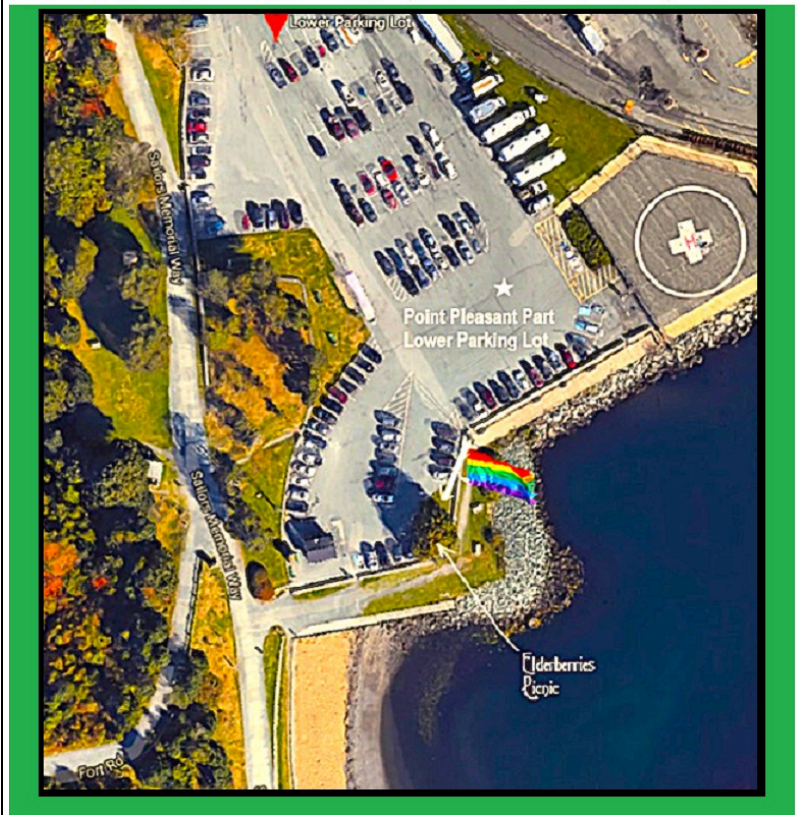
**What:** BBQ & Picnic

Bring something to share and/or something for the BBQ. We'll have the BBQ fired up, and hots and hams and condiments and some pop.

If the weather is foul we'll gather at our usual spot. We'll send out an email that morning calling it one way or another.

The bus doesn't come to the LOWER parking lot, sorry. Take the 29 to the upper parking lot and walk down, it's about 10 minutes.

Picnic at Black Rock Beach, Pt.Pleasant Park, Halifax



## 2. July 21st: Pride Elders Hangout

As they have for previous festivals, Halifax Pride is very generously sponsoring an Elders Hangout.

**Where:** The Garrison Grounds at the corner of Bell Rd. and Sackville Street.

**When:** Monday July 21st 4 PM to 6 PM.

**What:** Two, yes TWO things!

Show up at 4:00 or any time after.

At 4:30, Dr Jacqueline Gahagan will tell us about next year's national conference of 2SLGBTQ archivists and historians which is happening in Halifax.

Promoting awareness of our history has been a focus of Elderberries since our first Pride Week event, a panel on recording and preserving LGBT history, in 2011.

Please plan to share ideas on how Elderberries might support the conference, perhaps with volunteers and/or hosting a related session.

At the same time, and after, we'll have food, nonalcoholic beverages and cake... yes cake! to celebrate one more Pride Festival, some tables to sit around and talk to old friends and new, and some board games out too.





### 3. June 8 Board Games Salon

On June 8, members met at Rumours HFX for board games. But we never got to that! We fell into catching up and chatting and trying out a special drink that the Rumours bartender had created for us using Elderflower Cordial.



### 4. June 22nd Salon

We had two things going on at the same time on June 22nd.

Heather Perkins, of Toastmasters, gave a talk on "Overcoming your fear of public speaking" to an audience composed mostly of members and prospective members of the Elderberries Speakers' Bureau, which sponsored her appearance. She addressed presenting oneself with confidence, advance preparation, supporting each point as it is made, and avoiding overdependence on technology. Bearing in mind that the Speakers' Bureau usually goes out as a team, she touched briefly on group as well as individual presentations.

Heather outlined the various formats of public speaking: persuasive, educational, entertainment etc and the different ways you engage your audience for each one, and answered lots of questions.



At the same time, a crew from Winter Light Productions, which is making a documentary series on LGBT folk in Atlantic Canada, was doing interviews with the Elderberries members who were present.

In the photo here they're interviewing former board member Stephanie Brown. The series, called *Out East*, will be aired starting in February.



## 5. Upcoming LGBT Events

You can find all local LGBT Events in one place at:

<https://gay.hfxns.org/LocalEvents>

Or google "gay halifax events"

Wayves Magazine publishes the big list of Pride celebrations in Atlantic Canada. Head over to [wayves.ca](http://wayves.ca) and click the first button, [Prides].



## 6. Members Notices

Broadcast your news! If you have an announcement about a birth, a graduation, moving, wedding, yours other significant other's just <REPLY> with them or send them to

[AtlanticCanadaElderberries@gmail.com](mailto:AtlanticCanadaElderberries@gmail.com)





## 7. Elderberries Mugs For You!

Need a cosy gift? Elderberries mugs are perfect.

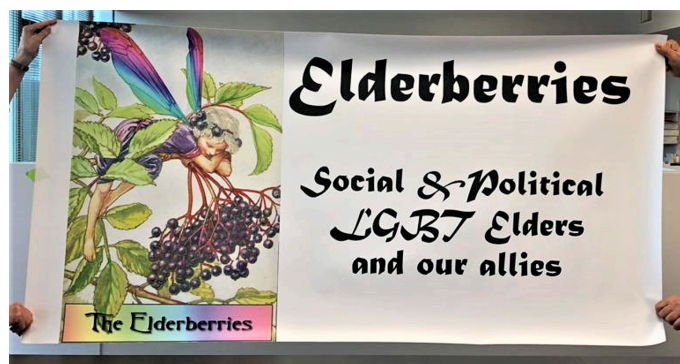
On the back is the grey pride ribbon and the words: We are old. We are tired. We can get away with things. So... don't piss us off! The price is \$15.00; you can get one at our events or we can mail one to you.



## 8. 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](mailto:AtlanticCanadaElderberries@gmail.com) • We have a Facebook group too! Join the Facebook Group, “NSElderberries” • To be removed from this mailing list, just <Reply> with the word “Unsubscribe”.



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