

October 2025 Newsletter

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1. October 12 Board Games Salon

What: A gathering at The Board Room Games Cafe. To play board games and chat.

Where: 1256 Barrington Street, Halifax

When: October 12th. 11 PM - 4 PM

Information: It's a private business. Drinks and snacks are available for purchase as are board games.

Accessibility: There is a service elevator In the Main building.



2. October 19th Salon

What: A Workshop: Healthy Relationships
“Safe and Effective Use of Self”

Who: With therapist, Bruce Dow.

A romantic relationship can be deeply meaningful or challenge our boundaries. The workshop will explore how safe and effective use of self can guide us to healthier, more authentic relationships. We'll identify the green flags that help them flourish. The red flags that signal caution, including those we bring to relationships.

Where: 2630 Gottingen Street, Halifax
The Adult Day Space (Cafeteria)

When: Sunday, October 19th, 1 PM - 3 PM

Details: A potluck. Beverages and finger food will be provided. Please bring what you like and to share.



3. September 14th Picnic

There was a small turnout of about eight of us. So more than enough food. Norval joined us on his vacation from Costa Rica. Dan and Dave worked the grill to provide delicious hot dogs and burgers. The ocean breeze was pleasant. A seal popped up offshore to check on us.

Thanks to Dan for supplying his barbecue, the food, drinks and cutlery.



4. September 28th Salon

Psychotherapist, musician, and author Andrea Currie shared her thoughts on the infamous Sixties Scoop with a small group of question-filled Elderberries at the September 28 Salon, held in the Adult Day Space at Northwood.

Her book *Finding Otipemisiwak : the People Who Own Themselves* is rooted in her own experience as a child snatched in infancy from her Metis family and community and placed for adoption with a Manitoba settler family where she spent seventeen years before seizing her independence in a flight to the mysterious East (aka New Brunswick and later Nova Scotia). Only in her late thirties was she able to connect with her birth mother and several siblings.

The book is not an autobiography. Reviewer Philip Moscovitch described it as “a memoir sprinkled with poetry; an essay on adoption and trauma.” The many questions raised by the perhaps well-meaning but inherently racist policies behind these government seizures of a generation of Indigenous children cannot be answered by any one book, but the author sees *Finding Otipemisiwak* as a contribution to the conversation.

She is one of a very small number of those children who have been able to find their birth families and the communities and cultures from which they were taken. In Antigonish, far from her western origins, she now works in the field of Indigenous mental health and community wellness.

She is now writing a first novel.



5. Jim MacSwain in Memorium

Halifax artist and radical activist, Jim MacSwain was remembered with stories at our salon Sunday. After his death on September 6th at the age of 80.

There is a full obituary [here in Wayves Magazine](https://wayves.ca/jim-macswain-1945-2025).
<https://wayves.ca/jim-macswain-1945-2025>



6. Upcoming LGBT Events

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

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

Or google “gay halifax events”



7. 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



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 Facebook Group, “NSElderberries” • To be removed from this mailing list, just <Reply> with the word “Unsubscribe”.



