

November 2025

1. November 9th Salon
2. October 19th Salon
3. Upcoming LGBT Events
4. Members Notices
5. Letter to NS Dept. Education
6. Elderberries mugs for sale
7. About the Elderberries



1. November 9th Salon

What: A Remembrance Salon.TBT.

Where: 2630 Gottingen St. (Halifax North Campus) Day Space G F.

When: 1 PM to 3 PM

Details: A potluck. Beverages and snacks will be provided. Share stories of hardship and resilience during times of war.



2. October 19th Salon

Relationship therapist, Bruce Dow held a freely structured Q & A. (Too much to encapsulate here.)

Queer folks don't fit into the heteronormative steps from childhood to adulthood. So they may have damaged identities, poor boundaries for themselves and others. Managing real or seeming conflicts were discussed. The threat implied in "Trigger warnings" can be blocked by refusing to buy into any victim identity. The importance of tone of voice. Taking a break to cool down.

Violence and contempt as signals to end connection. A lively discussion that ended too soon.



3. Upcoming LGBT Events

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

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

Or google "gay halifax events"



4. 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



5. Elderberries Letter of support for trans and Queer students.

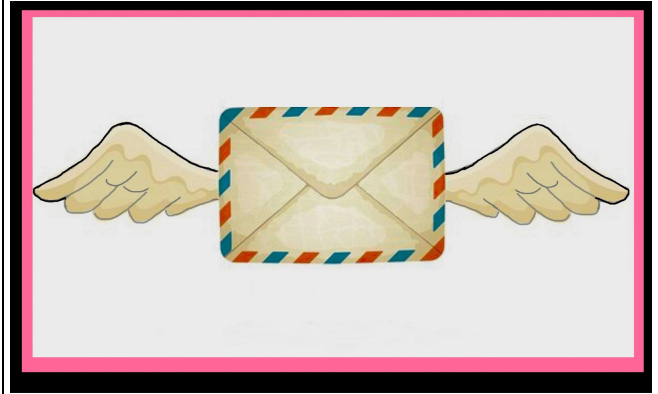
On October 8th our Treasurer, Kaitlin Drury sent a letter to the N.S. Minister of Education.

We urged them to immediately update and release the 2014 guidelines for supporting gender diverse students.

To strengthen anti Bullying programs.

To ensure teachers and staff have the resources and training they need to support students.

And to provide accessible mental health resources for students.



6. 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.



7. 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”.

