

# Elderberries Newsletter January 2026

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## 1. January Salon:

**Where:** Adult Day Space, 2630 Gottingen Street

**When:** Sunday Jan 11 1:00pm - about 3pm-ish

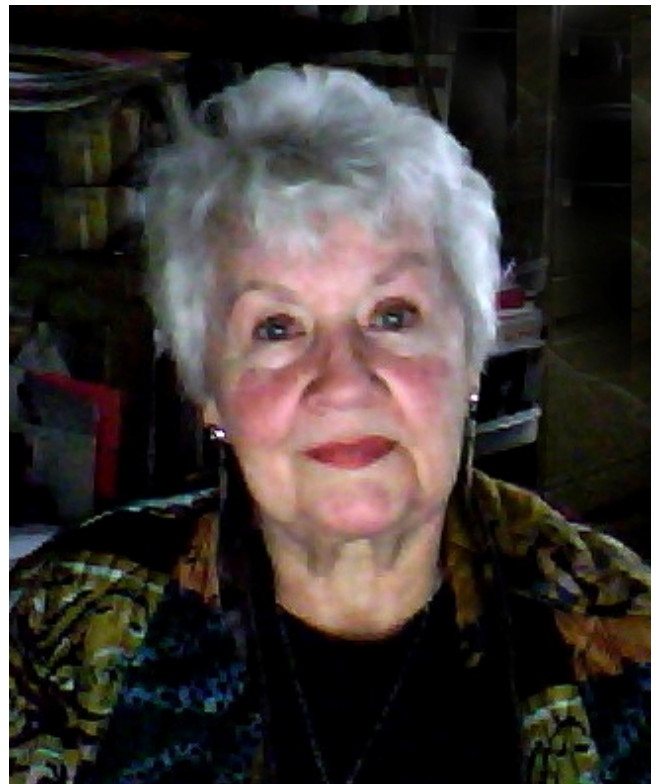
**What: Anita Martinez film!!** Filmmaker and documentarian Arena Alamino will present her short film about **Anita Louise And The Wild Women.**

This short documentary is a portrait of Anita, and an exploration of the Wild Women Don't Get the Blues lesbian camping weekends she captured with her camera in the 1980s and 1990s.

Arena says: "I was struck by the intimacy and playfulness of these images and how the deep sense of trust she built with her subjects was so immediately obvious to the viewer. She was generous enough to allow me to spend time filming her in her home despite her declining health, and I feel incredibly fortunate to be able to provide this snapshot of her life and her work."

We will have a discussion about the film and Arena's work afterwards.

**Particulars:** This is a pot luck; bring some food and/or drink to share.



## 2. Poetry Workshop

*Finding Your Voice: A Poetry Workshop*, a joint venture between *The Youth Project* and The Elderberries

**When:** Wednesday, January 14th 6pm - 8pm

**Where:** The Halifax Public Library, Main Branch, 5440 Spring Garden Road, Halifax, Room 301

The next collaboration between *The Youth Project* and The Elderberries is happening mid-month. This free workshop for Elderberries and Youth is for anyone who wants to learn how to write a poem or a story. Our objective is to find the intersection between 2SLGBTQIA+ youth and elders and discover and refine our voices together through poetry and story. Please RSVP to: [elderberries-spkradmin@bonmot.ca](mailto:elderberries-spkradmin@bonmot.ca) to register. Some snacks will be provided. Come find your voice in the New Year!



## 3. January Second Salon

**When:** Sunday Jan 25 1:00pm - about 3pm-ish

**Where:** Adult Day Space, 2630 Gottingen Street

**What:** We will be joined by representatives in municipal and provincial governments: MLA Lisa LaChance and Halifax Councillor Sam Austin will talk about their work as openly LGBTQ members of government and their relationship with the 2SLGBTQ+ community.

**Sam Austin** (Dartmouth Centre) has a background as an urban planner and was first elected to Council in 2016. He came out as bisexual about a year and a half ago.

**Lisa LaChance** (Halifax Citadel – Sable Island), the NSNDP spokesperson for 2SLGBTQ+ Affairs, was first elected to the Legislature as an openly lesbian candidate in 2021, and after the 2024





provincial election became part of the Official Opposition.

#### 4. December's Xmas Salon

Thirteen Elderberries gathered for conversation, food and to exchange some rather odd Christmas presents. The one from Lynn was particularly interesting! Ask her about it some time.

We got a chance to say Merry Christmas and have a Happy New Year.

We hope you had some festive good times too.



#### 5. Bruce Dow therapist online

Last year, we had Bruce Dow in for a Q & A about queer relationships. We were impressed with his knowledge and authentic, adept attitude. He's in Ontario now, but you can still consult with him online.

Bruce is a Registered Psychotherapist, a Registered Counseling Therapist and a Certified Psychospiritual Therapist. To book a free telephone consult send an email to [info@consonancepsych.com](mailto:info@consonancepsych.com) For more info about Bruce and his practice go to [consonancepsych.com](http://consonancepsych.com)

The advertisement features a background of colorful fireworks. In the foreground, there is a portrait of Bruce Dow, a man with a beard and mustache. Text on the right side reads: "A NEW YEAR Pressure and challenge... or a chance for Change? Our clinicians are fully registered and certified, with master's-level training in intercultural psychotherapy and multi-faith psychospiritual therapy Reach out now for a Free Telephone Consult info@consonancepsych.com". At the bottom, there are logos for NSCCT, a rainbow flag, and the Consonance Psychotherapy Services logo, which includes a stylized plant icon and the text "CONSONANCE PSYCHOTHERAPY SERVICES".

A NEW YEAR  
Pressure and challenge...  
or a chance for Change?

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Reach out now for a Free Telephone Consult  
[info@consonancepsych.com](mailto:info@consonancepsych.com)

NSCCT

Bruce Dow, RP, RCT, CPST  
Founder & Clinical Director

CONSONANCE  
PSYCHOTHERAPY SERVICES

## 6. Upcoming 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, Graduation, moving, or wedding of you, your partner, kids, your grandkids etc, just <Reply> with them, or send them to

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



## 8. Elderberries mugs for you!

Need a cosy gift? Elderberries mugs are perfect.

On the back is the grey pride ribbon and the words: ***We're 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.



## 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](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".

