From: **Barend Kamperman** charlois697@gmail.com
Subject: [elderberries-all] Your November 2026 Elderberries Newsletter
Date: November 2, 2026 at 10:43
To: elderberries-all@bonmot.ca

BK

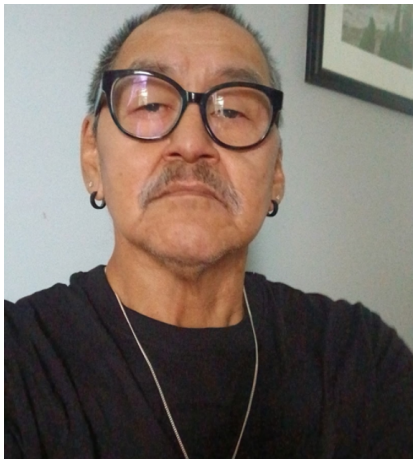
Greetings cherished Elderberries
Leaves changing colour, colder weather and clocks set back an hour. November is here ready or not. We're glad you're still with us. Have a look at what we were up to last month and what lies ahead.
Barend

November 2026 Newsletter

1. November 8 Salon
2. November 22 Salon - research!
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12. About the Elderberries



1. November 8 Salon - Chris Terriak



When: Sunday November 8th, 1:00pm - 3:00pm
Where: 2630 Gottingen St., Adult Day Space
What: Elderberries' own Christopher Terriak will be speaking on his life journey, including incarceration as a 2SLGBTQIA+ person.
Particulars: This will be a potluck; bring some food or a nonalcoholic

bring some food or a non-alcoholic beverage to share if you are able.



2. November 22 Salon: research!

When: Sunday November 22nd, 1:00pm - 3:00pm
Where: Central Halifax Peninsula
What: The purpose of this study is to understand how climate events affect the mental health and wellbeing of older adults in Halifax or West Hants, and what supports, resources, and public health strategies may help communities adapt to climate change.

Participants will receive a $70 gift card to a local grocery store, and we'll have snacks on hand as well.

We have limited seating for this event, so please register by REPLYING to this email and saying you'll attend. We will send the location in advance of the event.



3. December: Poetry Workshop

Early December: The Elderberries and The Youth Project will again team up to host an all-ages Poetry Workshop with speakers Lynette Richards, Robin Metcalfe and Nathan Elling. Date TBA, we'll send that out pronto



4. Lynn Murphy Investiture



On October 22nd, Lynn Murphy was officially invested into the Order of Nova Scotia at a ceremony in Government House, the residence of Lieutenant Governor Mike Savage. The text read at the event is here.

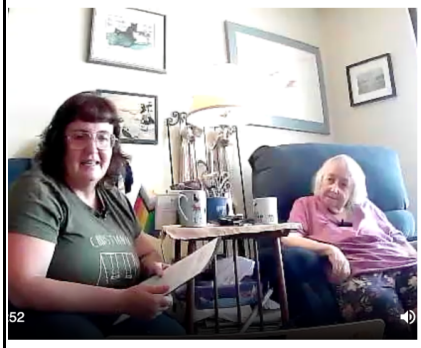
Lynn joins Walter Borden and Dr Jaqueline Gahagan in the Order.



5. Lynn Murphy featured on Lisa Lachance Queer Forum

On Tuesday, October 27, Lynn was featured on Lisa Lachance's regular event, the *2SLGBTQIA+ Forum*. You can watch it here. (Youtube)

To be notified of upcoming *2SLGBTQIA+ Forum* events, get on Lachance's mailing list by sending an email using this link.



6. Elderberries represented at the 2026 Q Nova Scotia Conference

On the weekend of October 23rd, board members Nathan & Allison attended "Queer Nova Scotia 2026" a conference of 2SLGBTQIA+ organizers. There were sessions on Friday evening, all day Saturday and Sunday morning. The conference was organized by Colchester (that is, Truro) Pride and funded by the Nova Scotia Office of Equity & Anti-Racism.



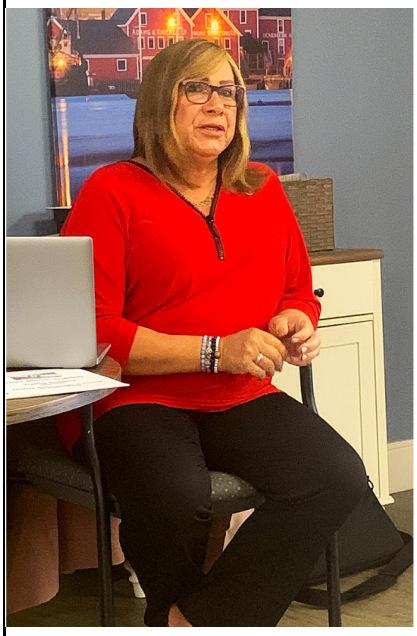
7. October 11 Salon

Community Pride Health

Jared Susa from Community Pride Health came and spoke to us regarding Primary Care Navigation and the new tools available to the community in finding support for 2SLGBTQIA+ issues in the Nova Scotia health system.



8. October 25 Salon



Commander Treena Scurlock of the Royal Canadian Navy (retired) spoke about the period when 2SLGBTQ+ members of the Canadian military were dishonourably discharged or forced deeply into the closet to save their careers. About 20 people, including several DalOut and Youth Project members, attended Treena's talk. She spoke about her career in the Royal Canadian Navy where she remained closeted for promotional reasons, and how The Purge affected colleagues she knew, even after the policy was officially discontinued. She also told her wonderful coming out and transition story after her navy career with a supportive and compassionate company she still works at today and how that allowed her to help others come out or transition.

One of the attendees said, "She provided an excellent presentation on what life was like living in the closet when in the Canadian Armed Forces. She told the story of her life living as man in the Forces before transitioning. Now that she has retired and transitioned, she is living a happy life and well respected. She is truly an inspiration and good role model."

[Here are some photos of the event.]

9. Upcoming Events

You can find all local LGBT Events in one place at:
https://gay.hfxns.org/LocalEvents

Or google “gay Halifax Events”



10. 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



11. 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.



12. 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”.

