

# Changing Tides

*Grandmothers to Grandmothers Campaign  
Campagne des grands-mères à grands-mères*

**Ottawa-Gatineau Region  
Région d'Ottawa-Gatineau**

## Editor's Notes

Spring is here and we are looking forward to seeing the comeback of some celebrated regional events not to be missed!

As Sandi notes in her monthly report, *Grannyfest 2024* is shaping up beautifully for an early June gathering, thanks to the innovative efforts of our Planning Team!

Another event is an invitation from *GRAN* to all groups is *Hello*

*Friends! 2024*, which brings people together from our groups as grandmother activists to share celebration and empowerment in Toronto in mid-May!

And later this year in November, we are really excited to join the much-awaited return of the *GRAND Market* under the excellent coordination of the *One World Grannies!*

We also commend our local granny groups for bringing back their

stellar plant and garden sales (*Unitarian GoGos* and *Grassroot Grannies*). Also, the iconic *Stories 2024* with the partnership of the *One World Grannies* and *Unitarian GoGos* will take place in June!

We're always grateful to Sandi for keeping us well informed on national efforts of renewed initiatives to support us in our education and fundraising endeavours!

Mia Overduin  
Editor

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Volume 12, Issue 3

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**Regional Event – Not to be missed!**  
**GRANNYFEST 2024**

**June 5, 2024**

**First Unitarian Congregation of Ottawa  
30 Cleary Avenue, Ottawa, Ontario**

*Meg French, CEO, Stephen Lewis Foundation*

*Ida Mukuka Nambeya, Special Advisor to the Grandmothers Campaign*

*Kathy Armstrong, Baobab Tree Drum Dance Community and Pulse! Rhythm and Wellness*

(See poster on page 4)

## GRL Updates – March 2024

The Grandmothers Campaign has a new program officer, Suko Bhebhe. She was born in Zimbabwe and moved to Canada 10 years ago. Suko has a background in African studies and development and has had to jump right into her new position as Megan has already moved on to her new responsibilities. We welcome Suko and look forward to getting to know her.

At the last GRL meeting, Niambi Martin-John, Director of Development, made a presentation on the financial status of the Grandmothers Campaign. In spite of a decline in the number of groups from 219 in 2018 to 160 in 2023, we have maintained a stable level of contributions which is nothing short of amazing. Grandmothers raise a remarkable 24% of total revenues for the SLF. However, there is a very high attrition rate among new donors. Between 75 and 85% of first-time donors do not make subsequent donations. The SLF would like to explore ways that they can stay in touch with these donors while respecting our wishes not to directly solicit future donations.

The planned trip to Africa is beginning to take shape and Suko will be leading the organization committee with help from the Programs and Development teams. The countries that will be visited are Uganda and Tanzania where participants will visit Partners that support grandmothers as well as youth, women, and LGBTQ communities. The exact dates have not been decided but will be either this fall, or spring of 2025, whenever the weather is most favourable. Next steps will be to develop an itinerary, then work on logistics including travel, visas, vaccinations, etc. This will be a remarkable opportunity, especially for anyone who has yet to visit the African continent. I will keep you informed as details develop.

Planning is underway to review and update information for the Speakers Bureau. Once again, Suko is taking the lead on developing statistics and messaging, collecting media material, stories about grandmothers and a FAQ document. GRLs will update the training materials, tips and materials for making presentations and recruiting speakers and trainers. This is an important exercise that will give us much needed information to raise awareness and recruit new members.

(.../cont'd on page 3)

## GRL Updates – March 2024 (.../cont'd)

*Grannyfest 2024* is coming together and we're getting quite excited! Our key speakers have been confirmed and the committee has settled on group sessions and workshops that I know will appeal. Online registration will be available in April. More information is available in this newsletter and I will continue to keep group leaders informed. Make sure you've marked June 5<sup>th</sup> on your calendar and invite a friend!

We will be having note cards printed with a picture of the beautiful 20<sup>th</sup> Anniversary Solidarity quilt on the front and an explanation of the significance of the grandmother tree on the back. Look for the cards to purchase at *Grannyfest*.

This is the time of year for celebration and reflection as Ramadan comes to a close, Easter is upon us and Passover is a few weeks away. As we look forward to the promises of Spring, I wish everyone happiness and health.

Yours in Solidarity,

Sandi  
Grandmothers Regional Liaison  
Ottawa-Gatineau

### TELL US YOUR STORY!

**What keeps us going as granny groups? *CHANGING TIDES* wants to showcase your group's story. Many of us are reflecting on past successes and today's challenges, on the dwindling numbers and groups, and regional ventures.**

**Tell us about your beginnings. What type of activities worked or didn't? How did you navigate the challenges of the pandemic? Has your vision changed and how? Have you been able to recruit new members? How did you reach out? Are you pursuing partnerships with your community, or other groups?**

**We'd love to hear from you!**

# GRANNYFEST 2024 - Harambee, all pull together

**June 5<sup>th</sup>**

First Unitarian Congregation of Ottawa  
30 Cleary Avenue

**Featuring:**



**Meg French**, CEO, Stephen Lewis Foundation



**Ida Mukuka Nambeya**  
Special Advisor to the Grandmothers Campaign  
Stephen Lewis Foundation



**Kathy Armstrong**  
Baobab Tree Drum Dance Community and  
*Pulse!* Rhythm and Wellness

***Join us for a day of fun, education and  
celebration and bring a friend!***

**SPECIAL EVENT – Grandmothers Advocacy Network (GRAN)**

## ***HELLO FRIENDS! 2024***

***Making a Difference! Embracing our grandmother power!***

**May 13-15, 2024**

Toronto, Ontario

***International Living and Learning Centre (ILC) – Toronto Metropolitan University (TMU)***

Downtown Toronto (TMU functions as conference centre and residence)

**Guest Speaker:** Sally Armstrong  
Journalist, Author

Plenary and Breakout Sessions

**Additional Speakers:** *Doctors Without Borders/Médecins Sans Frontières*  
and

Ama Deawuo, Executive Director of ***SeedChange***

**Details:** GRAN website  
[grandmothersadvocacy.org](http://grandmothersadvocacy.org)

# GRASSROOTS EVENTS POSTERS



## 2024 GARDEN PLANT SALE



*A variety of  
perennials, home-  
baking, preserves, honey & Jewelry.*

## UNITARIAN GOGOS FUNDRAISER FOR THE STEPHEN LEWIS FOUNDATION

**\* \* SAVE THE DATE \* \***

**LOCATION:** First Unitarian Congregation  
30 Cleary Avenue, Ottawa, ON K2A 4A1

**DATES** Friday, May 10<sup>th</sup> 9 AM – 4:30 PM  
**& TIMES:** Saturday, May 11<sup>th</sup> 9 AM – 4:30 PM  
Sunday, May 12<sup>th</sup> 9 AM – 1:30 PM



**PAYMENT:** Pay What You Wish.  
Proceeds to Stephen Lewis  
Foundation

**\*\*\* More details to follow \*\*\***

To receive updates, please email  
[gogos.fundraising@gmail.com](mailto:gogos.fundraising@gmail.com) or  
call Linda at 613-222-5633



## GRASSROOTS EVENTS POSTERS

16th

# GRASSROOT GRANNIES

Annual Plant Sale & Market Place

Saturday, May 11, 2024

65 Knudson Drive, K2K 2L5

8:00 AM – 12:00 NOON

### What Can You Expect?

- \* *Hardy perennial plants, herbs and vegetable seedlings*
- \* *Hand-crafted garden ornaments*
- \* *Gently used garden tools & ornaments*



*There will be horticulturists on site for advice on landscape design and plant care*

**WE ACCEPT CASH, CHEQUES  
& CREDIT CARDS**

**RAIN OR SHINE THE EVENT GOES ON**



## GRASSROOTS EVENTS CALENDAR

Editor's Note: Submissions for the monthly newsletter are due on the 23<sup>rd</sup> of the month.

DATE	GRANNY GROUP	EVENT/CONTACT	LOCATION/CONTACT
May 10-12, 2024 May 10/11 May 12	<i>Unitarian GoGos</i>  9 am - 4:30 pm 9 am – 1:30 pm	<b>2024 Garden Plant Sale</b> Perennials, home-baking, preserves, honey, jewelry	First Unitarian Congregation of Ottawa, 30 Cleary Avenue, Ottawa
May 11, 2024	<i>Grassroot Grannies</i>	<b>16<sup>th</sup> Annual Plant Sales &amp; Market Place</b> – Perennials, herbs, vegetable seeds, garden ornaments, tools	65 Knudson Drive, Kanata 8 am – 12 pm
June 5, 2024	<b>All Groups</b>	<b>Grannyfest 2024</b>	First Unitarian Congregation of Ottawa 30 Cleary Avenue, Ottawa
June 26, 2024	<i>One World Grannies &amp; Unitarian GoGos</i>	<b>Stories 2024</b> Contact: Peggy Edwards (613) 884-3448	First Unitarian Congregation 30 Cleary Avenue, Ottawa
Sept. 8, 2024	<b>All Groups</b>	<b>Grandparents Day</b>	A national event to draw attention to the Grandparents Campaign
November 2024	<b>All Groups</b>	<b>GRAND Market</b> Contact: Mary Jane Sterne, <i>One World Grannies</i>	Horticulture Building Lansdowne Park, Ottawa Tel: (613) 866-7919 mjsterne@rogers.com.

### REGIONAL GRANDMOTHER LIAISON:

Vacancy – Co-GRL

Sandi London

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- 1) Group Leaders Meetings
- 2) Grannyfest Coordinators

Mia Overduin

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Tel: (819) 684-9720

- 1) Changing Tides Newsletter

### SPEAKER'S BUREAU:

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Sheila Green

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## REGIONAL CONTACTS

### RESOURCES SLF:

[www.stephenlewisfoundation.org](http://www.stephenlewisfoundation.org)

[www.grandmotherscampaign.org](http://www.grandmotherscampaign.org)

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260 Spadina Avenue, Suite 100

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### GRANDMOTHERS ADVOCACY NETWORK (GRAN):

GRAN Contact

Pat Dolan

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