

Changing Tides

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

Ottawa-Gatineau Region
Région d'Ottawa-Gatineau

April 29, 2024
Volume 12, Issue 4

Editor's Notes

You will note that this issue is filled with exciting event information to be shared by all!

Grannyfest seems to top the list with its bright *Harambee* poster (attached to the distribution email). A huge thank you to Sandi and the planning committee for the look and spirit of the day's celebratory program with its stellar presenters!

Sandi has prepared an enticing

write-up about the day's attractions!

Another aspect of spring is the annual plant and garden sales featured by the *Grassroot Grannies*, *Unitarian GoGos*, and *grandmas AIDing grandmas!* The posters forecast the bright and colourful displays of plants and implements. Best wishes to the groups for great success in your communities!

Another event which is close to

those who are GRAN members is the Hello Friends! 2024 gathering in Toronto in mid-May! We wish all who attend a time of celebration, reflection, learning, and interacting after a hiatus of six years!

As May is generally associated with images of the awakening spring and all its bursting joys, may you experience the beauty and warmth of the season!

Mia Overduin
Editor

Inside this issue:

Editor's Notes/	1
GRL Updates - April 2024	2-3
<i>Grannyfest 2024 - Harambee, All Pul Together!</i>	3-5
Hello Friends!2024	5
Grassroots Events Posters	6-8
Grassroots Events Calendar/ Regional Contacts	9

GRANNYFEST 2024

June 5, 2024 / First Unitarian Congregation Ottawa



Meg French, CEO, Stephen Lewis Foundation

Idah Mukuka Nambeya, Special Advisor to the Grandmothers Campaign

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

GRL Updates – April 2024

The big news is that Registration for **Grannyfest 2024** is now open. Please check the poster attached to this newsletter for information about the event and the link to online registration. The organizing committee has put together an exciting and varied program that promises something for everyone. Please register by May 22nd and don't forget to bring a friend!

The SLF trip to Africa is beginning to take shape. The timeframe will be late May to early June of 2025. Due to recent government action against the LGBTIQ community in Uganda, the destination has been changed to South Africa and Eswatini. A planning team is being formed to develop the itinerary and activities. Information on the trip will be transmitted as it becomes available. Or, sign up for the **Travels to Africa** workshop at Grannyfest and hear all about it first-hand!

SLF staff continue to work on updating messaging to be used for both the Speakers Bureau and Grandparents Day, September 8th. GRLs are also working on updating the training material for the Speakers Bureau. We have an opportunity to come together as a region to make the best use of these resources to raise awareness for the Campaign and to increase our numbers by attracting new members.

Speaking of Grandparents Day, SLF staff are also preparing supporting information, such as posters, t-shirt designs, graphics, statistics, quotes and photos that can be used to populate your clotheslines. **One World Grannies** are busy planning a walk across the Chief William Comanda Bridge fundraiser combined with the clothesline activity. You are encouraged to make use of the information being prepared to hold your own clothesline event to raise awareness and attract new members. If you would like more information on how you can participate, please contact me. Let's join other groups across the country to celebrate our solidarity with African grandmothers and the role they play as lines of support in their families and communities.

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

GRL Updates – April 2024 (.../cont'd)

The **Diversity/Inclusion/Recruitment/Retention Committee** made a presentation during the March Campaign Call that included updated information from a workshop held at the International Gathering in Winnipeg. Check the Tools and Resources in the Members Section of the Grandmothers Campaign website for this updated material.

Although it has been unusually chilly this week, the sun is out and the next week promises to be much more spring-like. Please come out and support our local groups that will be holding plant sales in May. Not only will you find bargains for your garden but you will be supporting our regional fundraising activities.

Yours in solidarity,

Sandi

GRANNYFEST 2024 - Harambee, *all pull together*

Join grannies in the Ottawa-Gatineau Region on **June 5th** for a day of fun, education and celebration. The day is packed with exciting speakers, entertainment and opportunities to socialize and catch-up with friends.

The theme this year is **HARAMBEE**, meaning “all pull together”. As we find our energy levels waning, we need to find ways to help each other and share the responsibilities. The day’s activities will focus on how we can continue to support the Campaign by working more collaboratively.

The day begins with a welcome from the CEO of the Stephen Lewis Foundation, **Meg French**, who will bring us the news and aspirations of the organization. Following Meg, we will hear from **Idah Mukuka Nambeya**, Special Advisor to the Grandmothers Campaign. Idah always has wonderful stories of courage and inspiration from the African grandmothers.

After a coffee break featuring homemade muffins that only grannies can make, there will be a panel presentation on **Healthy Aging**. Referencing the 4 Pillars of Active Aging – Health, Participation, Security, Lifelong Learning – our panelists will explore the importance of each of these determinants to ensure we can continue to do what we value most.

(.../cont'd on page 4)

GRANNYFEST 2024 - Harambee, all pull together

Enjoy lunch supplied by Chef Ric's of the Ottawa Mission, chat with friends, new and old, and place your bids on the unique items in our **Silent Auction**. From elegant gift baskets to handmade crafts, there is something for everyone.

Then get ready to dance and sway to the irresistible beat of **Kathy Armstrong's** drumming. Inspired by the traditional drumming of Ghana, Kathy brings traditional and non-traditional techniques to music of the World's People.

There are two workshops to tempt you: **Travels to Africa and Collaborative Fundraising**. For those of you who are interested in the upcoming SLF trip to Africa, this is your opportunity to get all the latest details. Hear about expectations and inspirations from previous SLF trips and the incredible Journey up Mount Kilimanjaro from **Gisèle Lalonde Mansfield**.

Interested in participating in the **Grand Market** but don't know how? This is your opportunity to explore new and innovative ways to be a part of the region's biggest event. And hear how other regions have successfully leveraged regional activities.

To end the day, our own **Peggy Edwards** will lead us in a celebration of our region, looking at how we have changed and evolved and culminating in a reading of the **Winnipeg Statement**, our renewed commitment of solidarity with our African sisters.

So please, join us and **bring a friend!** This is a fun, no pressure, environment to introduce other women to the Grandmothers to Grandmothers Campaign.

NOTE: The beautiful *HARAMBEE* poster is attached with this issue's distribution. The poster has a link to register for Grannyfest!

SOLIDARITY NOTE CARDS available at Grannyfest!

Sandi has a supply of beautiful note cards featuring a picture of the Solidarity Quilt. The cards are blank on the inside with an explanation of the significance of the quilt on the back – packages of 3 cards and envelopes for \$10. Pictured on the next page, the cards will be available for purchase at Grannyfest or can be purchased from Sandi at any time. You may also pre-order them for pick-up at Grannyfest.



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 Breakouts Sessions

Additional Speakers: and
Ama Deawuo, Executive Director of ***SeedChange***

Details: GRAN website
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 10th 9 AM – 4:30 PM
& TIMES: Saturday, May 11th 9 AM – 4:30 PM
Sunday, May 12th 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 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 POSTERS

grandmas AIDing grandmas
PLANT & GARDEN SALE

With Bearbrook Retirement Residence

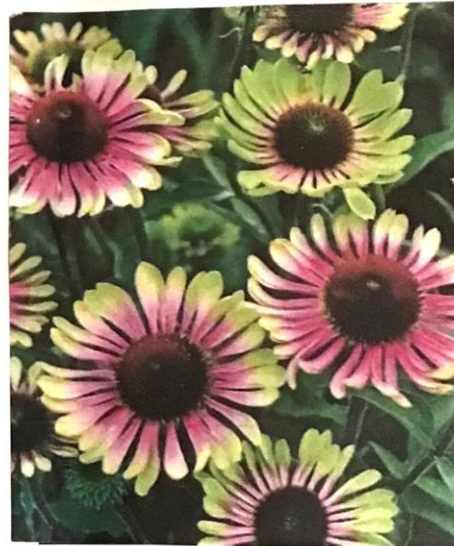
Saturday May 25
9am - 2 pm
Corner Bearbrook & Innes
Blackburn Hamlet

Annuals Perennials
Hostas Houseplants

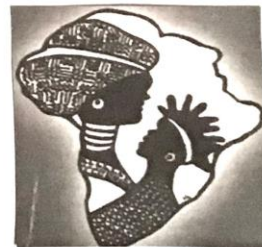
Crafts Baking Raffle

Information: 613-824-3524
grandmas59@gmail.com

**Plant donations always
appreciated. Will pick up**



All proceeds to the Stephen Lewis
Foundation Grandmother campaign,
community-based support for African
grandmothers caring for orphaned
children due to the AIDS pandemic, now
complicated by Covid 19.



GRASSROOTS EVENTS CALENDAR

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

DATE	GRANNY GROUP	EVENT/CONTACT	LOCATION/CONTACT
May 10-12, 2024 May 10/11 May 12	Unitarian GoGos 9 am - 4:30 pm 9 am – 1:30 pm	2024 Garden Plant Sale Perennials, home-baking, preserves, honey, jewelry	First Unitarian Congregation of Ottawa, 30 Cleary Avenue, Ottawa
May 11, 2024	Grassroot Grannies	16th Annual Plant Sales & Market Place – Perennials, herbs, vegetable seeds, garden ornaments, tools	65 Knudson Drive, Kanata 8 am – 12 pm
May 25, 2024	Grandmas AIDing Grandmas grandmas59@gmail.com	Plant & Garden Sale – Perennials, Hostas and Houseplants	Beaverbrook Retirement Residence Info: 613-824-3524
June 5, 2024	All Groups	Grannyfest 2024	First Unitarian Congregation of Ottawa 30 Cleary Avenue, Ottawa
June 26, 2024	One World Grannies & Unitarian GoGos	Stories 2024 Contact: Peggy Edwards (613) 884-3448	First Unitarian Congregation 30 Cleary Avenue, Ottawa
Sept. 8, 2024	All Groups	Grandparents Day	A national event to draw attention to the Grandparents Campaign
November 2024	All Groups	GRAND Market Contact: Mary Jane Sterne, One World Grannies	Horticulture Building Lansdowne Park, Ottawa Tel: (613) 866-7919 mjsterne@rogers.com .

REGIONAL GRANDMOTHER LIAISON:

Vacancy – Co-GRL

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