

Changing Tides

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

Ottawa-Gatineau Region
Région d'Ottawa-Gatineau

June 30, 2024
Volume 12, Issue 6

Editor's Notes

We have had a marvelous start to June with its much-loved *Grannyfest* and with *Moon Magic!*

As Sandi's monthly report indicates, *Grannyfest* participants welcomed the event with its fine presenters, programs of healthy aging, fundraising, and travels to Africa. We appreciated the presence of Idah Mukukah Nambeya and Meg French from the SLF with their heartfelt updates and stories, as well as the joyful musical expression with Kathy Armstrong! As always,

one of the great delights is reconnecting with each other! The event was superbly planned and delivered by the innovative planning team! Thank you for this great time of renewal and conversation!

Those of us who attended *Moon Magic* on June 26th felt mesmerized and carried away by the excellent stories and songs of our storytellers – rapt in the world of summer solstice lore! The occasion was beautifully partnered with the

One World Grannies and the *Unitarian GoGos!* We couldn't have asked for more to start our summer escapades!

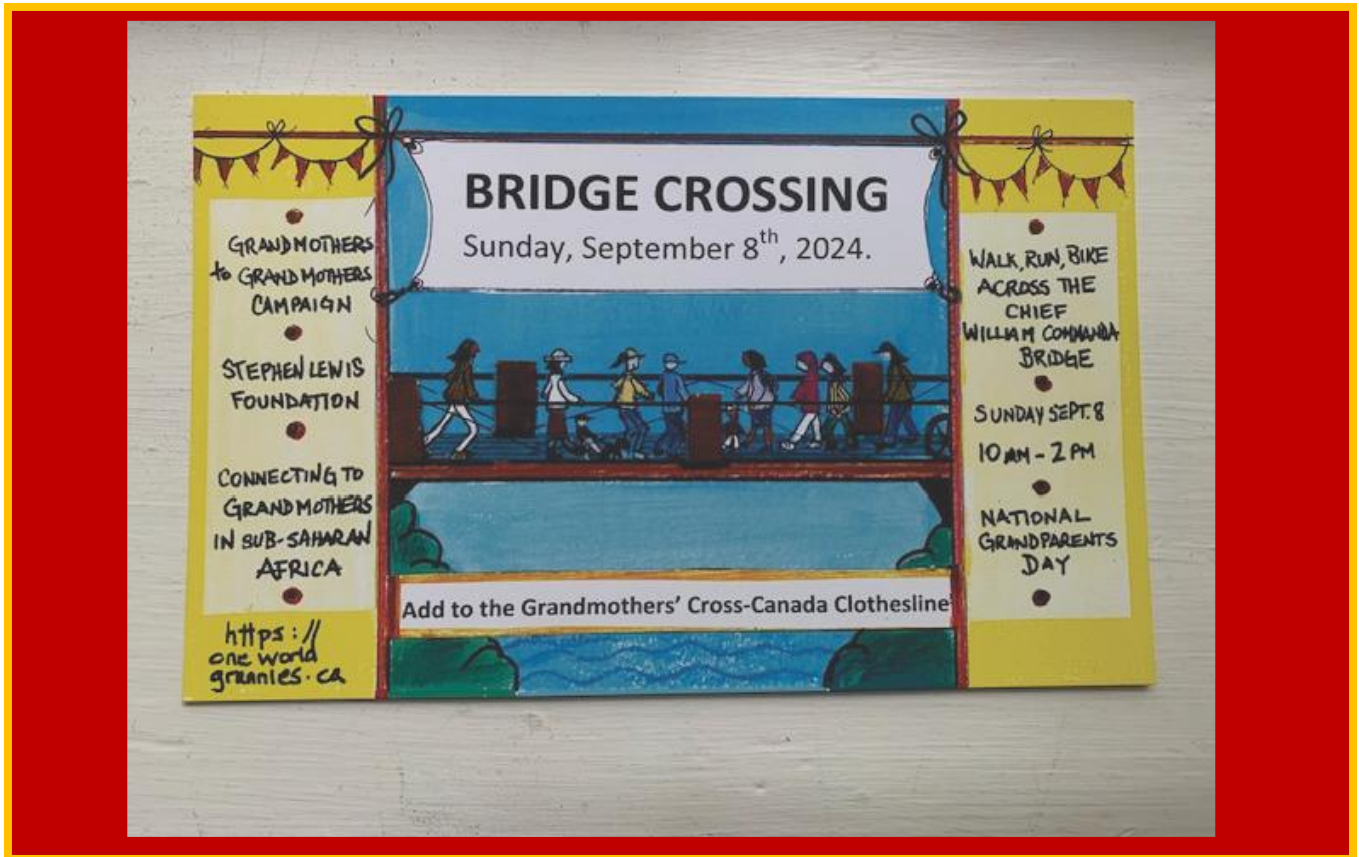
With additional information on the Bridge Crossing in September, we look forward to that awareness raising adventure!

For now, revel in your summer time with those you love!

Mia Overduin, Editor

Inside this issue:

Editor's Notes/ Bridge Crossing Sept. 8	1
GRL Updates - June 2024	2-3
Grandparents Day Bridge Crossing	4-5
<i>Grassroot Grannies</i> Ride to Turn the Ride	6
Grassroots Events Calendar/Regional Contacts	7



GRL Updates – June 2024

GRANNYFEST 2024

By all accounts, Grannyfest 2024 was a success. The feedback from participants was overwhelmingly positive, in spite of the uncomfortably hot weather. Over 80 regional participants enjoyed a varied and inspiring program. Presentations by Meg French and Idah Mukuka-Nambeya were especially appreciated as we all love getting news from the *Stephen Lewis Foundation* and hearing stories of the African grandmothers. The Active Healthy Aging Panel provided insights into the aging process and what strategies will help us to remain active participants. Kathy Armstrong's drumming, singing and dancing was a delightful interlude after lunch and got us ready for the afternoon. Participants found the workshops informative and inspiring although a bit more time for discussion was mentioned. The final session of the day, celebrating our region and confirmation of our commitment through the *International Grandmothers Statement*, struck just the right tone to end the day. Many thanks to the dedication of the organizing committee and the many volunteers who made our gathering so special.

TRIP TO SOUTH AFRICA AND ESWATINI

The application form for the trip to Africa in June of 2025 is now available online. To access the form, you will need to consult the latest *Granny Bulletin*. If you have not received this electronically, you can find it on the [grandmotherscampaign.org](https://tinypurl.com/4ftezv9t) website. Or go directly to: <https://tinypurl.com/4ftezv9t>.

Applications are due September 15th and may be submitted electronically, or you may wish to download the application and mail it in to the SLF. Twenty applicants will be selected by a committee comprised of SLF staff and GRLs. Detailed information about the trip, including anticipated cost, is available with the application.

CLOTHESLINE CAMPAIGN

Thanks to the Eastside Grannies of Sherwood Park, Alberta, this Grandparents Day, September 8th, grandmother groups all across the country will be raising awareness about the Grandmothers Campaign by creating clothesline installations. The clothesline represents the support that grandmothers provide to their families and their communities and symbolizes a line of communication between Canadian and African grandmothers. Information on how you can create your own clothesline and updates on activities can be found in the latest *Granny Bulletin*. The link will take you to a drop box site where you can find resources such as logos and posters. Or go directly to: <https://tinypurl.com/4nfwmpup>.

GRL Updates – June 2024 (.../cont'd)

The **Speakers Bureau** link will take you to a drop box site with key messages and global facts and figures that can be used to support your clothesline. Or go directly to: <https://tinyurl.com/4nfwmpup>.

If your group does not have plans to create a clothesline, please consider joining the One World Grannies Bridge Crossing event on September 8th between 10:00 and 2:00 and cross the *Chief William Commanda Bridge* between Ottawa and Gatineau. More details available in this edition of *Changing Tides* or contact Dianne Breton (rdbreton@rogers.com) or Sarah Archer (sjaakafelix@icloud.com) directly.

We wish each and every one of you a wonderful summer of relaxation, adventure, friendship and hope to connect with you all refreshed and rejuvenated in September.

Yours in solidarity,

Sandi – sandilondon01@gmail.com and Sarah – sjaakafelix@icloud.com

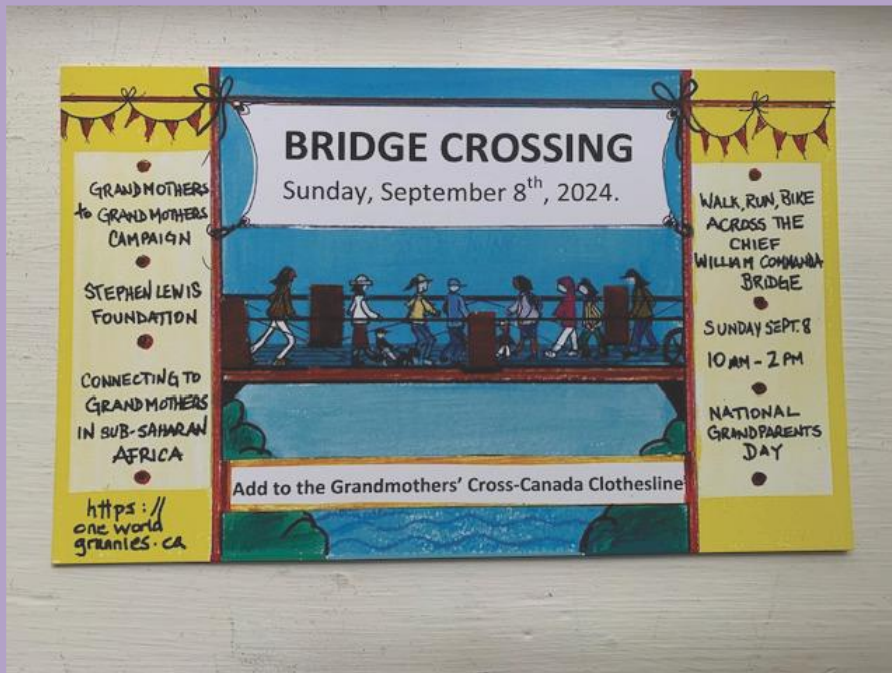
Editor's Note:

As noted by Sandi's update, participants of *Grannyfest* greatly appreciated the wealth of learning, sharing, reflecting and celebrating the values of the Grandmothers connection, the contributions of the SLF staff, our guest speakers, and the musical interlude with Kathy. Peggy provided a valuable conversation on the *Healthy Aging Panel* and she is graciously sharing her expertise with us. Excerpts of her talk are attached to the June *Changing Tides* distribution email! We gratefully extend a heartfelt thank you to the organizers of this marvelously inspiring get-together!

The *International Grandmothers Statement* mentioned above is available on the Grandmothers Campaign website at grandmotherscampaign.org. It is also attached to the newsletter distribution email.

GRANDPARENTS DAY BRIDGE CROSSING

The following images of a poster card/map and photos are provided for the Grandparents Bridge Crossing event on September 8 from 10:00 a.m. to 2:00 p.m. Walk, run, bike across the *Chief William Commanda Bridge* to raise awareness about the Grandmothers Campaign and the Grandmothers in sub-Saharan Africa.



This poster card/map features the event details with a map of the location on the back.



GRANDPARENTS DAY BRIDGE CROSSING (.../cont'd)



Two great views of the Chief William Commanda Bridge and area between Gatineau and Ottawa!

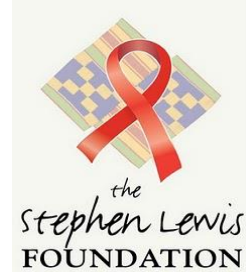
Photos provided by *One World Grannies*



GRASSROOTS EVENTS



Grassroot Grannies' 15th Ride to Turn the Tide



Registration is ongoing for the 15th Annual Ride to Turn the Tide
- either a 1-day or 2-day cycle fundraiser for the SLF.

1-Day Option on Thursday Sept. 5 – 50 km

- Meet in Ashton on Thursday September 5th and cycle to Carleton Place for a break by the river and on to Almonte – 27 km.
- In Almonte meet with the 2-day cyclists and participate in a “Cycle-By” at an elementary school where the students will wave us on!
- Proceed to lunch at a nearby location, hosted by ladies from the former Mississippi Grannies.
- In the afternoon, cycle back to Ashton, a further 23 km.

2-Day Option on Sept. 4-5 – Wed. 4th-113 or 68 km, Thurs. 5th- 45, 68 or 90 km

- Cyclists cycle either 68 km or 113 km from Stittsville to Perth on Day 1
- They stay overnight in a motel and are treated to dinner members of the Lanark County Grannies at a members’ home on the Tay River.
- On Day 2 they cycle from Perth to Almonte in the morning where they join the “Cycle-By” at an elementary school where the students will wave us on!
- After lunch they choose to finish their cycle ride in Almonte (45 km) or continue on to Ashton (68 km) or Stittsville (90km).

We would love to have you participate with us. Please let one of the Co-Chairs know if you are interested in getting more information - Stella Val- 613 225 8879 (home), email: stella-val@rogers.com or Michèle Dextras – 613 883-7548, email: mdextras8@gmail.com

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
Sept. 4-5	<i>Grassroot Grannies</i>	15th Ride to Turn the Tide Participate in a 1-day or 2-day cycle fundraiser for the SLF. 1-day: Sept. 5 (50 km) 2-days: Sept. 4 (113 or 68 km) Sept. 5 (45, 68 or 90 km)	See poster on page 6 for details. You are invited to join, if interested. Check the poster for contact information.
Sept. 8, 2024	One World Grannies <i>Chief William</i> <i>Commanda Bridge</i>	Grandparents Day Bridge-Crossing Event Groups are welcome to join and take part in the Clothesline Campaign	10 am – 2 pm A national event to draw attention to the Grandparents Campaign

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