

# Changing Tides

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

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

## Editor's Notes

As the summer is winding down, we are gearing up with exciting ventures and continue to find ways to regenerate ourselves and partner with others as we leave our solidarity mark.

Upcoming in September is our partnership with the noted *National Grandparents Day* and some of us are joining the *One World Grannies* regional event on the *Chief William Commanda Bridge!* We will be using the Clothesline initiative of leaving messages for passersby to make

them more aware of what the *Grandmothers Campaign* is all about! To those of you who are planning other events that day, kudos to you for your involvement!

We hope to have some of Ottawa's notable people join us for part of the venture and create a presence within our wider community! There are more pictures and a helpful write-up by Val Swinton!

To all of you who are planning your own fund- and awareness

raisers, best wishes in creating visibility within your communities.

To our group contacts, please note Sandi's email invitation to an important meeting on September 24. There is also an invitation to join in the September Campaign Call to hear Ida Mukuka Nambeya's report on her research of the HIV and AIDS impact in Zambia.

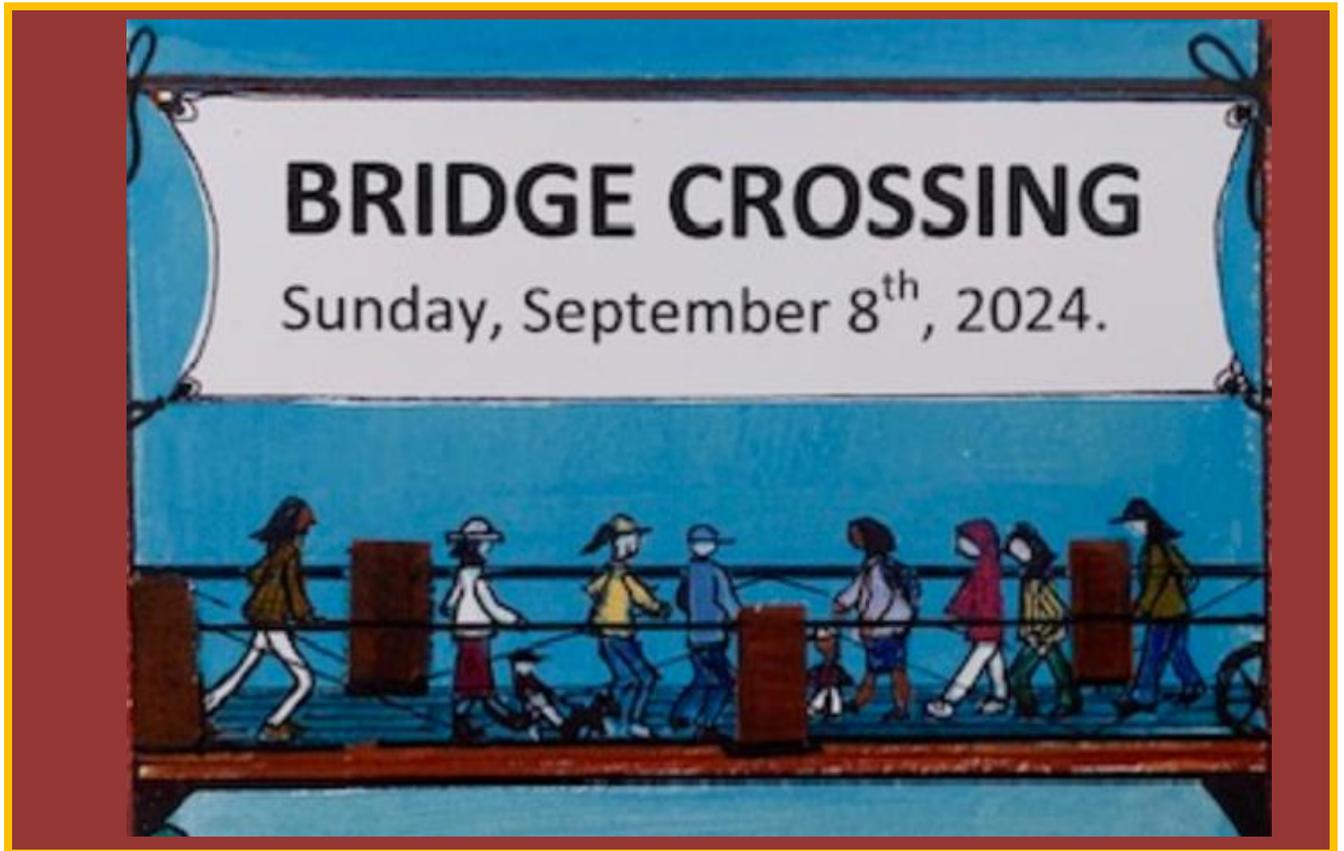
Warmest wishes to all!

Mia Overduin, Editor

August 26, 2024  
Volume 12, Issue 7

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## GRL Updates – August 2024

### TRIP TO SOUTH AFRICA AND ESWATINI

The selection committee has been formed and a rubric has been created; the selection committee met for the first time in August to get to know one another. Applications have started to come in.

Alanna is working on accommodations and has met with the partners. Nine partners will be visited and information about them will be shared over the coming months. So far, we have two partners to share information on: Music Works is a non-profit that builds on South Africa's rich musical heritage by using music as a clinical tool to contribute to the psychosocial wellbeing of vulnerable children and young people in Cape Town's marginalized communities; *Siyangoba Community Support Group* provides support and assistance to those infected and affected by HIV and AIDS, preventing new infections and fighting poverty.

There will be orientation and "training" sessions as required before the trip. In addition, there will be presentation material available to trip participants to use on their return. Questions about applying and activities post trip can be directed to either Alanna or Suko.

Application and FAQ material can be accessed at <https://theslf.org/GM-2025-Trip-Toolkit>.

**NOTE: The deadline for applications has been EXTENDED for two weeks, until September 29<sup>th</sup>, 2024.**

### NATIONAL GRANDPARENTS CLOTHESLINE CAMPAIGN:

New additions added to the toolkit: QR code and special fundraising page; press release material; quotes from grandmothers in Africa. Three partners in Africa will be participating: *Hope Tario Trust (HTT)* and the *Chiedza Child Care Centre* in Zimbabwe; and *Umoja wa Mapambano Dhidi Ya Ukimwi (UMWI)* in Tanzania will celebrate Older Persons Day on October 1st.

As noted in the June GRL Update, and the event "***Cross Over the Bridge on Grandparents Day***" in this edition of *CHANGING TIDES*, please join the *One World Grannies* on September 8<sup>th</sup> at the *Chief William Commanda Bridge* between 10 am and 2 pm in celebration and sisterhood, showing support for African grandparents in sub-Saharan Africa.

(.../continued on page 3)

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

### BEDS WITHOUT BREAKFAST

A reminder that the program is still operating and the SLF continues to receive some funds from it. Members of grandmothers' groups host visiting grandmothers in their home and the visitors in turn make a donation to the SLF instead of paying for a room. The upcoming *Granny Bulletin* highlights Linda Taverner who founded the *Beds without Breakfast* program.

### SEPTEMBER 19<sup>th</sup> CAMPAIGN CALL

Please do your best to join this call. Ida Mukuka Nambeya, Senior Advisor to the Grandmothers Campaign and recent presenter at the *Grannyfest June* celebration, will be reporting on her research project. She is an internationally renowned advocate for HIV/AIDS awareness and research. Currently a master's student in the Department of History, *University of Waterloo*, she is researching the HIV/AIDS impact in Zambia, with a focus on gendered stigma and violence. (Here is the zoom link to connect to the call:

<https://us02web.zoom.us/j/87886636577>)

Sarah – [sjaakafelix@icloud.com](mailto:sjaakafelix@icloud.com) and Sandi – [sandilondon01@gconmail.com](mailto:sandilondon01@gconmail.com)

### O-GRGN Group Leaders Meeting

**DATE:** September 24, 2024

**LOCATION:** St. Basil's Church

94 Rex Avenue (off Maitland Avenue), Ottawa

**TIME:** 10:00 a.m. – 2:00 p.m.

- Opportunities for working together for our mutual benefit.
- Recruitment of new members to the Campaign.
- Opportunities for regional fundraising.
- Groups' particular priorities for the coming year – how we can work together to achieve common goals.

**Please confirm your attendance to Sandi at [sandilondon01@gmail.com](mailto:sandilondon01@gmail.com) by Sept. 9.**

# GRANDPARENTS DAY BRIDGE CROSSING

## CROSS OVER THE BRIDGE ON GRANDPARENTS DAY!

Please join One World Grannies and grandmother groups in the Ottawa-Gatineau region to celebrate **Canada's National Grandparents Day** with a walk from Ottawa to Gatineau! You, your friends and family – especially your grandchildren – and the public are all invited!

**WHEN:** Sunday, September 8<sup>th</sup> (National Grandparents Day), 10:00 am – 2:00 pm.)

**WHERE:** The Chief William Commanda Bridge (see map)

### WHAT:

- We're raising awareness about the Grandmothers Campaign.
- We're giving out information to the public passing by.
- We're creating a clothesline full of messages to our grandmother sisters and in support of the Grandmothers Campaign to reinforce that *"We will not rest until they can rest."*

### WHO:

- **Claudette Commanda**, Chancellor, University of Ottawa, and granddaughter of the late revered Algonquin elder William Commanda, will make remarks between 11 – 11:30 am.
- **Councillor Jeff Leiper** of Kitchissippi Ward, which includes the bridge, will also be there.
- **Maureen Murphy**, OWG's very talented photographer, recently recognized for her work by the Grandmothers Advocacy Network (GRAN), will be on hand to take pictures of the event. You are also encouraged to take your own pictures to share on your social media networks.

**WATCH FOR:** An article in the *Kitchissippi Times* at the end of August.

We anticipate a fun-filled event, as we walk the talk and connect with others as they walk, bike, rollerblade, run or dance across the bridge.

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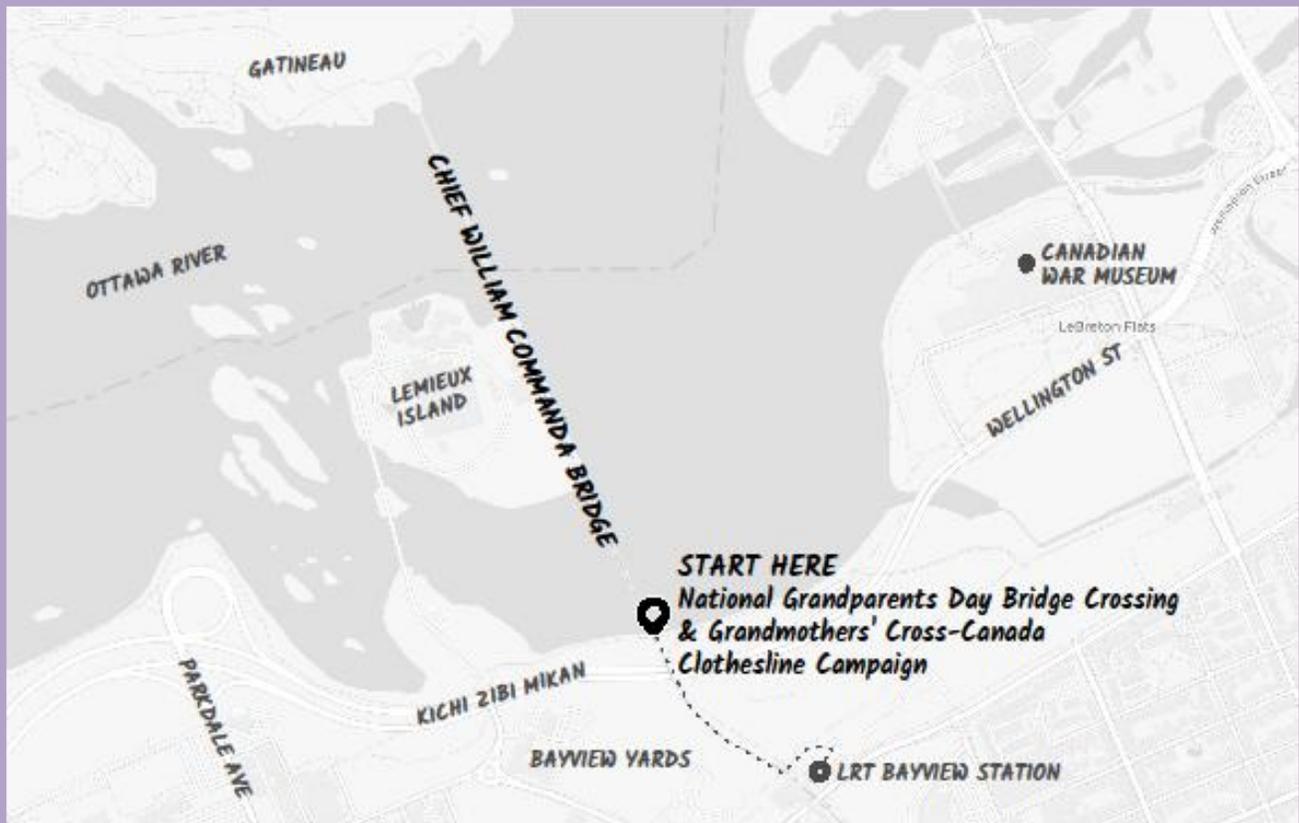
## GRANDPARENTS DAY BRIDGE CROSSING (.../cont'd)

### Notes:

1. We are keeping our fingers crossed for a sunny day! Bring a hat, and of course WATER. If it's raining, trade the sun hat for rain gear!
2. There are benches on the bridge to rest on the journey.
3. Directions: The easiest ways to get to the bridge entrance are from the Bayview LRT station, the bike path along the river, or carpool and park on a side street just south of the Kichi Zibi Mikan Parkway. Refer to map and photos of the bridge.

### MEET YOU THERE!

(Submitted by Val Swinton, *One World Grannies*)



Map of Chief William Commanda Bridge Area

(.../continued on page 6)

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

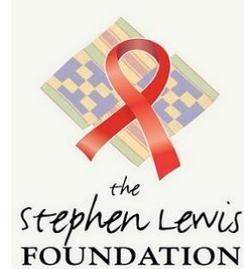


Chief William Commanda Bridge. Photo/City of Ottawa

## GRASSROOTS EVENTS



### Grassroot Grannies' 15<sup>th</sup> Ride to Turn the Tide



Registration is ongoing for the 15<sup>th</sup> 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. 4<sup>th</sup>-113 or 68 km, Thurs. 5<sup>th</sup>- 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](mailto:stella-val@rogers.com) or Michèle Dextras – 613 883-7548, email: [mdextras8@gmail.com](mailto:mdextras8@gmail.com)

# GRASSROOTS EVENTS

## UNITARIAN GOGOS FUNDRAISER FOR THE STEPHEN LEWIS FOUNDATION



Join us inside for an enjoyable evening of delicious food, served to perfection, and some interesting conversation or Order Take Out – MORE DETAILS TO FOLLOW!

WHERE: *Biagio's Italian Kitchen*

1394 Richmond Rd, Ottawa

WHEN: Tuesday, October 8<sup>th</sup>, 2024

TIME: 5:30 PM

CONTACT TO REGISTER: [gogos@firstunitarianottawa.ca](mailto:gogos@firstunitarianottawa.ca)

For further information contact Sheila at 613-513-4056



### COST

**COST PER PERSON: \$42.00** (tax & gratuity included - to go to Biagio's) plus a Donation to the Stephen Lewis Foundation.

Donations will be collected at the event. A tax receipt will be issued for \$20 or more.

*Donation Envelope: Cash, Cheque, E-Transfer, Credit Card # Gratefully Accepted*

### MENU

- ◆ Bread
- ◆ Salad
- ◆ Meat Lasagna (beef, veal & pork) or Vegetarian Lasagna
- ◆ Hazelnut Chocolate Cake or Tiramisu
- ◆ Coffee & Tea



The Stephen Lewis Foundation launched the grandmother's campaign to support grandmothers raising their orphaned grandchildren, providing them with needs such as housing, school fees, uniforms, business skills.



The Grandmothers Campaign is an initiative of  Stephen Lewis FOUNDATION

## 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
Sept. 4-5, 2024	<b>Grassroot Grannies</b> 1-day: Sept. 5 (50 km) 2-days: Sept. 4 (113 or 68 km) Sept. 5 (45, 68 or 90 km)	<b>15<sup>th</sup> Ride to Turn the Tide</b> Participate in a 1-day or 2-day cycle fundraiser for the SLF.	See poster on page 7 for details.  You are invited to join, if interested. Check the poster for contact information.
Sept. 8, 2024	<b>One World Grannies</b> <b>Chief William</b> <b>Commanda Bridge</b>	<b>Grandparents Day</b> Bridge-Crossing Event Groups are welcome to join and take part in the Clothesline Campaign	<b>10 am – 2 pm</b> A national event to draw attention to the Grandparents Campaign
Sept. 19, 2024	<b>SLF &amp; Grandmother Groups</b>	<b>September Campaign Call</b> Ida Mukuka Nambeya will report on her research on HIV in Zambia with a focus on gendered stigma and violence.	<b>Stephen Lewis Foundation and National Groups</b>
Oct. 8, 2024	<b>Unitarian GoGos</b> Contact: Sheila 613-513-4056	<b>Fundraiser for SLF</b> – Join in a delicious dinner at <i>Biagio's</i> Cost: \$42 + Donation - SLF gogos@firstunitarianottawa.ca	<b>5:30 p.m.</b> <b>BIAGIO'S Italian Kitchen</b> 1394 Richmond Road, Ottawa

### REGIONAL GRANDMOTHER LIAISON:

Co-GRLs

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Sarah Archer

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1) Group Leaders Meetings

2) Grannyfest Coordinators

Mia Overduin

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1) Changing Tides Newsletter

### SPEAKER'S BUREAU:

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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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### GRANDMOTHERS ADVOCACY NETWORK (GRAN):

GRAN Contact

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