

Changing Tides

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

Ottawa-Gatineau Region
Région d'Ottawa-Gatineau

September 27, 2024
Volume 12, Issue 8

Editor's Notes

This first issue of fall is filled with plenty of excitement! There are some marvelous fundraisers awaiting us – from dinner at *Biagio's* and a return of *Fibre Fling* at Kitchissippi United Church to an invitation by Ottawa-Gatineau GRAN to join the October 1st International Day for Seniors, an event on Climate Change action.

It's always motivating to read Sandi and Sarah's GRL Updates with a glance at opportunities to explore changes and regional events for the

future with upcoming input concerning recruitment and Speakers Bureau updates.

Also, further discussions will focus on expanding regional events for groups to explore fundraising opportunities! There is good optimism afoot and it helps to join in the discussion!

Included in this issue is a thought-provoking article by André Picard of *The Globe and Mail* on developments in the HIV-AIDS

realities across the globe.

For the upcoming issues, we're exploring inclusion of a bibliography of books on and from Africa. If you would like to contribute to the list, please submit it to my attention!

Enjoy the colourful times of autumn!

Mia Overduin, Editor

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INVITATION FROM GRAN

October 1 is International Day for Seniors

October 1st is the *International Day for Seniors*, and in Canada several seniors' groups for the environment have got together to create *Seniors for Climate Day*. Over 50 communities will be holding events to bring attention to climate action with the message "*Later is Too Late!*" This is of interest to G2G members as carbon emissions from North America disproportionately impact the climate in Sub-Saharan African countries causing drought and extreme weather events. The event in Ottawa is about local actions that could reduce our carbon footprint. There will even be a bit of entertainment.

Come to the event from 1:00 – 4:00 p.m. at Knox Presbyterian Church, 120 Lisgar Street, on October 1st, to find out what the issues are and how we can make a difference. After presentations by local groups there will be a round table discussion. As seating is limited, please reserve yourself a space by registering for the event on Eventbrite. [October 1 National Seniors for Climate Day - Ottawa event Tickets, Tue, 1 Oct 2024 at 1:00 PM | Eventbrite](#)

See poster on page 6! (Submitted by Stella Val, GRAN Ottawa-Gatineau)

GRL Updates – September 2024

September has proven to be a wonderful month as far as weather is concerned. We hope you've all been able to take advantage of this extended summer. Many of you were busy with events around Grandparents Day as well as the *Grassroots Grannies'* amazing cycle event which took place over 3 days this year with more participants than ever before. Congratulations to all the cyclists and support team. And kudos to the *One World Grannies* for a successful, if chilly, bridge crossing clothesline event made even more special with the participation of Mme. Claudette Commanda.

The Grandmothers' Campaign is starting September with a bang!

1. Update on Trip to South Africa and Eswatini

Hotels are being arranged in Cape Town and staff are working with Partner Organizations to plan activities for the visiting grandmothers. Applications will be accepted until September 29th and there is still room on the trip, so if you are planning to participate, please send your application in soon. If you have any hesitations or questions, please contact your GRLs or go directly to Suko or Alanna who will be happy to answer your questions. If finances are a problem, please let your GRLs know. We would be more than pleased to help to find ways to defray some of the costs. Let's show our support to the African grandmothers who have achieved so much and still depend on our support and solidarity.

2. Recruitment Strategy

At the recent meeting of the DIRR (Diversity, Inclusion, Recruitment, Retention) Collective, Alanna presented a strategy for assisting grandmother groups with recruitment and sustainability. This is a much needed, and welcomed, initiative which will be tested over the next six months with the cooperation of volunteer groups across the country. Results of the test cases will be reported to GRLs and the DIRR Collective. More details will be available soon.

3. Speakers Bureau

Supporting documentation has been updated to reflect the current status of grandmothers in Africa as well as new and more reflective messaging. Updated documents are now in the *Members Only* section of the Grandmothers Campaign website, under *Tools and Resources*. Phase 2 of the project will focus on how to conduct an effective presentation and will involve input from the GRLs. You will be hearing more about this from us in the coming months.

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GRL Updates – September 2024 (.../cont'd)

4. Upcoming Campaign Call

The November 21st Campaign Call will include participation from a Partner Organization. Due to the time difference, the call will begin at 11:00 instead of the usual 12:30. Zoom link: <https://us02web.zoom.us/j/87886636577>.

5. Regional Group Leaders Meeting

Group leaders met face to face on September 24th to discuss priorities and issues for the coming year. Discussions focused primarily on ways we can collaborate and support each other including issues of recruitment and retention and collaborative fundraising. Participants agreed to meet again in early November to do some “brainstorming” and come up with some ideas to pursue. Any member wanting to contribute to this dialogue is welcome to join the meeting. Details will be communicated to all Group Leaders.

As always, please feel free to contact us anytime if you have questions, concerns or just want to chat!

Yours in solidarity,
Sandi (sandilondon01@gmail.com, 613-203-3026)
Sarah (sjaakafelix@icloud.com, 613-790-9537)

UPCOMING ISSUES OF *Changing Tides* BIBLIOGRAPHY of books from and about Africa.

Early on in the Grandmothers Campaign newsletters, a list of interesting and inspiring books of African fiction and non-fiction was included. There is also talk of a book club within the Ottawa-Gatineau Region's grandmothers groups. More on this item in the next *Changing Tides*!

ARTICLE ON HIV – AIDS (*The Globe and Mail*)

(**Editor's Note:** This article by André Picard appeared in the *Opinion* section of *The Globe and Mail* on August 6, 2024. The format is slightly changed from the original newspaper article. The article is thought-provoking and is of interest to us who are familiar with some of the realities of current statistics. Thank you to Joan Turner, *Unitarian GoGos*, for supplying it.)

The World is making progress on HIV – AIDS – Antiretrovirals have essentially made it a chronic and manageable illness)

In health care, we tend to spend a lot more time bemoaning failures than pondering successes. We too often lose sight of the fact that, while progress often comes gradually, the cumulative effect can be impactful.

HIV-AIDS is a case in point.

With 88.4 million people infected with human immunodeficiency virus over the past four decades, and 42.3 million of them having succumbed to AIDS, it remains one of the worst pandemics in history.

But new infections are down a remarkable 60 per cent since the peak – from 3.3 million in 1995 to 1.3 million in 2023. Deaths have dropped ever more sharply, 69 per cent, from 2.1 million in 2004 to 630,000 last year.

An astonishing 30.7 million people – 77 per cent of the 39.9 million living with HIV world-wide – are accessing antiretrovirals, drugs that keep the virus from replicating, and essentially made HIV a chronic, manageable illness.

Yet, much more remains to be done. The campaign to rid the world of the scourge of HIV–AIDS by 2030 seems to be faltering. The other pandemic, COVID-19, took a lot of wind out of the sails, overwhelming public health in many parts of the world.

Still, glimmers of hope continue to arise. At the 25th International AIDS Conference, held last month in Munich, there were two noteworthy developments: News of another patient who has been cured, and a big improvement in how preventive treatment can be delivered.

To date, only seven people have been cured of HIV: “The Berlin Patient,” Timothy Ray Brown, received a stem cell transplant to treat leukemia in 2007, and it ridded him of HIV. He lived 13 years before dying of cancer. The others include: The Dusseldorf Patient, Marc Franke; The London Patient, Adam Castillejo; The New York Patient, the only woman cured of HIV, has remained anonymous; The City of Hope Patient, Paul Edmonds; The Geneva Patient, known only as Romuald; The Next Berlin Patient, a 60-year-old man, was the latest patient cured, announced just weeks ago.

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ARTICLE ON HIV – AIDS (*The Globe and Mail*) (.../Cont'd)

These cases are obviously unusual because, not only did the patients have HIV, but some form of blood cancer. The treatments they underwent were brutal and expensive. These treatments are not scalable, but provided researchers with important data.

Most of the patients received stem cell transplants from donors who carried a rare genetic mutation known as CCR₅-delta 32, which makes them naturally resistant to HIV. But two of the donors did not have that mutation, and that's important too.

Researchers speculate that chemotherapy might be poisonous to HIV, which provides new pathways for potential treatments. Some of the stem cell transplant recipients also suffered graft vs. host disease (where the body rejects the transplant), an autoimmune reaction and that may have destroyed HIV reservoirs.

The biggest challenge in curing HIV-AIDS is that, even when the virus is undetectable in the body, it can hide in reservoirs, and spring up again.

The treatments we have, antiretrovirals, keep the virus from replicating, but don't kill the hidden virus. That means patients need to keep taking ARVs for life – often daily – to avoid illness. The drugs are a functional cure, but a tough slough.

But there are newer drugs that can be taken by injection every two months, or even twice a year. Better still, these drugs can be taken to avoid infection – known as pre-exposure prophylaxis, or PrEP.

A study released at the Munich AIDS conference found that one injection every six months was 100 per cent effective in preventing infections in women age 16-25 living in Africa. That study generated much excitement because young African women account for half of all new HIV cases.

However, the injectable drug lenacapavir (brand name Sunlenca) is expensive, a staggering US\$42,240 annually, compared with \$50 for ARVs in pill form.

The science behind these treatments and cures is of dazzling complexity, but it comes up against a harsh reality: Those who would benefit most are the hardest to reach, for economic and geopolitical reasons.

To be effective, prevention methods have to be affordable and accessible. The simplest methods, like condoms, are still highly effective – if they are used.

HIV-AIDS has never been strictly a medical or scientific challenge. It is social and political aspects of the response that are the most bedeviling, the barriers that seem the hardest to overcome, and where we struggle the most to make progress.

GRAN INVITATION – Climate Change Event

National Seniors for Climate Day in Ottawa

On **October 1** we are using National Seniors' Day to bring attention to the worsening climate emergency. Our goal is to build a Canada-wide community of seniors to ensure a liveable and sustainable future for all generations to come. We need to come together to demand faster and effective climate action at all levels of government. There will be over 50 events like this taking place across Canada. We have a major role to play. We are motivated, we have experience and, we vote!

**SENIORS
FOR
CLIMATE**



**NATIONAL
SENIORS DAY
OCTOBER 1ST 2024**

LATER IS TOO LATE!

The main event will take place at **Knox Presbyterian, 120 Lisgar**, from **1 - 4 pm**. Come and join us for an interactive round table with Ecology Ottawa, CAFES, Horizon Ottawa, ACORN Ottawa, the Ottawa Renewable Energy Cooperative (OREC) and Canadian Association of Physicians for the Environment (CAPE). Expect stimulating and informative discussion, musical guests, great camaraderie, and a clear path to further engagement. Admission is free but pre-registration via [Eventbrite](#) is recommended as space is limited. Pssst ... we have a fun surprise for those who arrive at **12:30**. Doors open at **12:45**.

Visit our [Facebook page](#) or [web page](#) for more information. Donations to help defray our Ottawa October 1 event expenses can be made via [Zelfy](#) or by eTransfer to ottawa@seniorsforclimateactionnow.org

If you're inspired to act before Oct 1, please join the [Fridays for Future March](#) on September 21

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

WHERE: *Biagio's Italian Kitchen*

1394 Richmond Rd, Ottawa

WHEN: Tuesday, October 8th, 2024

TIME: 5:30 PM

CONTACT TO REGISTER:

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

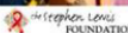
ALSO FOR SALE

Jewelry + Pickles, Jam and Jellys
Note cards + Other Assorted Items



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



out-of-the-box.org



@outoftheboxfibreartists



OOTBFibreArtists

Fall Fibre Fling 2024

Fibre & Mixed Media Show and Sale



a portion of the proceeds goes to:



Friday, October 25, 10-4pm
Saturday, October 26, 10-4pm
Admission \$5.00

Kitchissippi United Church
630 Island Park Dr, Ottawa
(between Carling Ave & the 417)

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
Oct. 1, 2024	GRAN Ottawa-Gatineau	National Seniors for Climate Change in Ottawa Registration via Eventbrite (see poster on page 6)	1:00 – 4:00 p.m. Knox Presbyterian Church 120 Lisgar Street, Ottawa
Oct. 8, 2024	Unitarian GoGos Contact: Sheila 613-513-4056	Fundraiser for SLF – Join in a delicious dinner at <i>Biagio's</i> Cost: \$42 + Donation - SLF gogos@firstunitarianottawa.ca	5:30 p.m. BIAGIO'S Italian Kitchen 1394 Richmond Road, Ottawa
Oct. 25-26, 2024	Out-of-the-Box Fibre Artists	Fall Fibre Fling 2024 Fibre & Mixed Media Show and Sale A portion of the proceeds goes to the SLF and the <i>Ottawa Food Bank</i>	Kitchissippi United Church 630 Island Park Drive, Ottawa Oct. 25 – 10:00 a.m. – 4:00 p.m. Oct. 26 – 10:00 a.m. – 4:00 p.m. Admission: \$5.00
Nov. 21, 2024	GRL and Interested Members	SLF Campaign Call Will include participation from a Partner Organization. Due to the time difference, the call will begin at 11 a.m.	11:00 a.m. At Zoom Link (noted in the GRL Update) https://us02web.zoom.us/j/87886636577

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- 1) Changing Tides Newsletter

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