

# Changing Tides

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

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

February 28, 2025  
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## Editor's Notes

The month of February came in the wake of the disastrous withdrawal of *US* Foreign Aid Funding, including *USAID*. Even the SLF is engaged with the Partner Organizations to provide support. As Sandi and Sarah outline in the GRL Updates, the SLF is encouraging granny groups to engage and raise awareness.

As a region, our group contacts have met to talk of another *Grannyfest* and are looking for input into what time of year to hold the meeting.

Regional and group activities are

also being planned. One of the joys is that we're meeting again in person at events, and in public places reveling in planning outdoor activities!

Plans are also underway for another bridge-crossing event in Ottawa focusing on having families and the public join us on *Grandparents' Day* in early September. You'll be kept informed!

Enjoy Catherine Bell's great write-up about her experiences with the SLF *Beds without Breakfast* program.

The article includes delightful testimonials from other participants!

Individual groups are planning card parties, plant and garden sales, and Trivia Night, activities that are enduring and provide opportunities to meet our communities, raise funds and awareness!

To those of you planning your events, best wishes and engagement! Tell us your stories after your events!

Mia Overduin, Editor

## CONTEMPORARY AFRICAN VOICES

**ALPHA NKURANGA**

in Conversation with Garvia Bailey. Followed by a Q&A

Thursday, March 6, 2025  
9:30 AM PST • 12:30 PM EST

**LIVE ON ZOOM  
and  
IN PERSON**

at the Stephen Lewis Foundation offices in Toronto

Recording available from March 6 to March 20, 2025

Registration required. Donations welcome to the Stephen Lewis Foundation's Grandmothers to Grandmothers Campaign. Tax receipts for \$20 or more.

**REGISTER**

**DONATE**

*Born to Walk: My Journey of Trials and Resilience. A memoir exploring survival and resistance through the eyes of a Rwandan refugee who now lives in Canada with her family.*



## GRL Updates – February 2025

### Foreign Aid Funding Crisis

February has been a tragic month for those who rely on US foreign aid, including **USAID** (US Agency for International Development), **Global Fund** (UN fund to Fight AIDS, TB and Malaria) and **PEPFAR** (President's Emergency Plan for AIDS Relief) for their basic health needs. Stephen Lewis has called it, *"the greatest crisis since the nightmare days of the spread of AIDS in the 1990s and 2000s."* As we write this, thousands of government employees in Washington are clearing out their desks and facing an uncertain future and thousands of others around the world have had to shut their doors and turn their backs on the very people who depend on them.

### GRL Monthly Meeting

GRLs met on February 12<sup>th</sup> and benefitted from a briefing from Meg French, Executive Director. The **SLF** has responded to the crisis by assuring their partner organizations that they have the flexibility to use their resources to meet the most urgent needs. Some of the partner organizations depend on **USAID**, either directly or indirectly, for as much as 60% of their budgets. Some waivers have been announced but details are unclear. Unfortunately, young women and girls will bear the brunt of the action.

### Emergency Fund

The **SLF** has started an Emergency Fund which will support those needs over and above the current budget. A survey was distributed to all partner organizations to determine where the need is the greatest. Please read the statements on the **SLF** website, [www.stephenlewisfoundation.org](http://www.stephenlewisfoundation.org), and give what you can to the emergency fund. Niambi Martin-John, Director of Development, sent out an e-mail explaining the situation and the **SLF**'s response and attaching a letter that can be used by members to reach out to family and friends. If you did not receive this email and would like a copy, please contact either Sandi or Sarah. **SLF** staff are working on a generic press release and statements that groups can use to raise awareness about the situation. They are also working on a special **QR** code for donations going directly to the emergency fund. We will forward that information as soon as it is ready.

### Special GRL Meeting

GRLs met again on February 26<sup>th</sup> to talk about ways that we could work together to raise awareness and encourage donations. Stephanie Peddle from the Programs Branch joined the meeting and had lots of good ideas and information. All groups and regions are encouraged to  
(.../continued on page 3)

## GRL Updates – February 2025 (.../cont'd)

hold an emergency event that fits with their schedules and talents. The possibility of a national webinar featuring experts in foreign aid was discussed. Groups are encouraged to join ***Stride to Turn the Tide*** this June. We discussed selecting one day in June when groups across the country would hold their own stride events. Promotion and communication organized nationally would have a bigger impact and garner more attention. **SLF** also mentioned their Tribute Campaign and suggested sending tribute cards with a gift to the emergency fund. Finally, people are encouraged to become monthly donors on a one year trial basis. Even \$5 a month will make a difference. By working together we can make an impact.

### Regional Meeting

Here at home, *O-GRGN* group leaders and others joined in a Zoom meeting on February 11<sup>th</sup> to come up with an action plan for the next year on how we can work better together. On the agenda was a discussion about ***Grannyfest***. Groups have been asked to survey their members and select their preference for the next date: Fall of 2025, Spring of 2026 or Fall of 2026. We also discussed opportunities to join craft fairs and events, particularly the ***613 Flea Market*** held at the Aberdeen Pavilion. Groups will be thinking about what they can contribute. We are also following up on an opportunity to partner with ***Ottawa Little Theatre*** to sell tickets for a special performance and share in the profits. As always, we encourage groups to support each other's events and to partner when possible. ***Changing Tides*** provides a valuable resource to keep us all informed of what's going on in our region. Please send in details of upcoming events and indicate where there are opportunities to partner.

### Contemporary African Voices

There is still time to register for the ***Van Gogos Contemporary African Voices*** on March 6<sup>th</sup>. For the first time, this event will be held in person at the **SLF** offices in Toronto as well as online. Author Alpha Nkuranga will be speaking about her book, ***"Born to Walk"*** with journalist and interviewer, Garvia Bailey. Registration is through Eventbrite <https://www.eventbrite.ca/e/contemporary-african-voices-tickets-1215523697099?aff=oddtcreator>.

As always, please don't hesitate to reach out to us with questions or comments.

Yours in solidarity,  
Sandi and Sarah

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Sarah ([sjaakafelix@icloud.com](mailto:sjaakafelix@icloud.com), 613-790-9537)

# BEDS WITHOUT BREAKFAST

(EDITOR'S NOTE: Catherine Bell, a member of *One World Grannies*, shares her experience with the *Beds without Breakfast* program of the *Stephen Lewis Foundation*. Her delightful article also includes some upbeat testimonials from other G2G members across Canada).

Would you like to meet fellow grandmothers and grandothers, travellers with stories to tell and interesting *SLF* Grandmothers to Grandmothers connections? The *Beds Without Breakfast* initiative, begun pre-*COVID*, but somewhat underground since then, is a wonderful opportunity to host or be a guest and make a financial contribution directly to the *Stephen Lewis Grandmothers to Grandmothers* project.

It has been my absolute pleasure to host and meet singles and couples who have stayed at our home for a few nights while seeing old friends in Ottawa, visiting university grandchildren or attending some Ottawa function.

We have enjoyed ballroom dancers, herbal plant specialists, archivists, activists, artists and those with a passion for travel of all kinds. While not expected to entertain your out-of-town new friends, you will certainly get to spend some time chatting about books, *SLF* projects, retirement ideas, the arts (but not politics!) and whatever surprising topics spring from your visitors' professional and personal experiences. It is a rich menu for an evening at home.

The basics of the program are that as a host you are contacted when someone would like to visit your area. You set the parameters; length of stay, number of visitors (in my experience a single or couple), and the donation amount that they will give you to contribute to the *BWOB SLF* funds.

Most guests have a definite time table for their stay, usually involving meeting with friends or seeing sights, so, typically people are gone in the morning and return in the evening. You can choose to offer breakfast, even though we advertise ourselves as beds-without-breakfast, as it is a nice time to sit over coffee and get acquainted. Some folks actually bring their own breakfast supplies!

Since *COVID*, awareness of the *BWOB* fundraising project has fallen off members' radar and I understand that both hosts and guests are fewer in number. This is a reminder of a very simple, friendly, time-efficient fundraiser with benefits on all sides. Do you have an extra bedroom? Would you enjoy a new real, not facebook, friend? Then this is a nudge to get on board as a host or a guest and enjoy the pleasures of new friends while making a contribution to the *SLF* Grandmothers' coffers.

To read about hosting and to participate as a host check the *SLF* site, go to *Get Involved*, then *Beds Without Breakfast*. In the first paragraph follow the *Click Here*. The coordinator, **Linda Taberner**, can be reached at [LindaTaberner@yahoo.com](mailto:LindaTaberner@yahoo.com).

## TESTIMONIALS:

We had many guests here before *COVID* but only a couple since then. It has been a very rewarding experience with lovely, interesting new friends. They have been very considerate in staying out most of the day and not expecting us to entertain them. I always put out a simple breakfast they can have or not as they wish. We have had repeat customers who always donate more than the advertised rate.

(.../continued on page 5)

## BEDS WITHOUT BREAKFAST (.../Cont'd)

There are many reasons that I love *BWOB*! Booking is easy, and accommodation is as advertised. I love to see how the locals (real people!) live. I need an economical, clean comfortable bed in a quiet space to rest up for my next day adventures. Social justice involving women is close to my heart, so I love supporting causes that empower women. I may make a new friend in my host who loves supporting travel and the *SLF*, too. Our world is so desperately in need of love and kindness and the *BWOB* program supports that in so many ways.

I have been a member of the *Prince Edward County Grannies* for many years now and have always appreciated the camaraderie and the work ethic of our small group. When I found out about this program from a friend who is a member of a much larger group in Toronto, it seemed well worth looking into as my partner and I were planning a trip out west in the summer of 2023. We decided to test it out by booking a *BWOB* in Ottawa. We had a couple of choices and were able to connect with one that worked out so well for us that we have now returned 2 more times (hope they don't get tired of us!).

We cannot say enough about the wonderful accommodations and the warm and welcoming hospitality we have received in all of the places we have stayed (Ottawa, Ontario, Calgary, Alberta, Winnipeg, Manitoba and Tatamagouche, Nova Scotia). Although the price was certainly more than reasonable and the cause so important, the reason we will continue to search them out as we plan our adventures is that we love the Grannies we have met (and their spouses!).

From Victoria, BC to Kelowna to the nation's capital and to the warmest waters in Tatamagouche, NS, I have traversed Canada since 2021 staying at the homes of hosts who welcomed me with such kindness. They oriented me to their communities, highlighting places of interest that were often off the beaten track – my type of sightseeing! The accommodations were outstanding, especially in light of the very modest room rates. Many hosts offered breakfast, even though the program is “beds without breakfast”. I highly recommend the program. I'm planning to book my next stay in the *UK*, a quaint region just outside London!

We haven't yet hosted many 'Grannies' as we have only recently included ourselves in the *BWOB* scheme, offering B&B as described on the *SLF* web-site, but it has so far been a wonderfully enriching experience. We're delighted to welcome Canadian Grannies, and, if they have had time and interest while busy with their travel or holiday schedules, to also get together with some other of our group's members over coffee or a pub lunch etc. It's been inspiring and enjoyable to meet and make new acquaintances and chat about shared interests and experiences both sides of the Atlantic. Our group is always trying to think of ways we can generate funds to send to *SLF* and inviting Canadian visitors into our homes is a very enjoyable way of doing so. So, if you're interested in planning a trip to the *UK* and would like to consider being hosted by a British Granny for part of your stay, please do get in touch - we'd love to meet you!



# GRASSROOTS EVENTS



## Capital Grannies Aiding African Grandmothers

The **Capital Grannies** invite you to a **Trivia Night**  
in support of the **Grandmothers' Campaign**

**Date: Sunday, April 6. Quiz starts at 6:30 PM**

**Location: Barley Mow at 1541 Merivale Road**

**Cost: \$25 per person, \$10 for under-16s.**

Join us for great fun and prizes!

All proceeds go directly to the **Stephen Lewis Foundation's Grandmothers' Campaign**.

Come early to enjoy dinner at the pub.

## How to Register and Pay

**Please register** - Help us to organize people into teams.

- Register via this QR code; or,
- Send an email to [capitalgrannies@bell.net](mailto:capitalgrannies@bell.net)

**Payment Methods:**

- Send an etransfer to [capitalgrannies@bell.net](mailto:capitalgrannies@bell.net) .  
Please include identifying information in the **Comment**
- Pay cash at the door.



area.

For information about the work of the Capital Grannies:

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



Questions:  
[capitalgrannies@bell.net](mailto:capitalgrannies@bell.net)



Stephen Lewis  
Foundation

## GRASSROOTS EVENTS

### **grandmas AIDing grandmas** **11th Annual Card Party**



**Tuesday April 29, 2025**

**12:30 – 4 pm (doors open at noon, lunch 12:30)**

**\$35 per person**

**St. Helen's Church**

**1234 Prestone Drive, Orleans**

**Lunch • Door Prizes • Raffle • Market**

**Enjoy a delicious lunch and your favourite card games, and support  
courageous African grandmothers raising a generation of  
grandchildren orphaned by the AIDS epidemic**

**Tickets: Lynn: 613-410-6680 or Barbara: 613-824-3524**

**For more information: [grandmas59@gmail.com](mailto:grandmas59@gmail.com)**

**Proceeds to the Stephen Lewis Foundation Grandmothers Campaign  
A donation for the Food Bank would be appreciated**

## 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/TIME/CONTACT
March 6, 2025	<i>Stephen Lewis Foundation</i>	<b>CONTEMPORARY AFRICAN VOICES</b> <i>To mark International Women's Day</i>	IN PERSON AND ON LIVE ZOOM 12:30 p.m. (Live Zoom) at the <i>Stephen Lewis Foundation Offices</i> in Toronto (see poster on page 1)
April 6, 2025	<i>Capital Grannies</i>	<b>Trivia Night</b> Join for great prizes. Come early to enjoy dinner at the pub. <b>Questions:</b> capitalgrannies@bell.net	<b>Barley Mow</b> – 1541 Merivale Road, Ottawa <b>Quiz Start: 6:30 p.m.</b> <b>Cost: \$25 per person/\$10 (under 16 years)</b> <b>Registration:</b> QR code (poster) e-transfer / cash at the door (See poster on page 6)
April 29, 2025	<i>Grandmas AIDing Grandmas</i>	<b>11<sup>th</sup> Annual Card Party</b> Lunch, Door Prizes, Raffle, Market <b>Tickets:</b> Lynn: (613) 410-6680 or Barbara: (613) 824-3524 <b>More info:</b> <a href="mailto:grandmas59@gmail.com">grandmas59@gmail.com</a>	<b>St. Helen's Church</b> 1234 Preston Drive, Orleans ON <b>12:30 – 4:00 p.m. (Doors open at noon/Lunch: 12:30 p.m.)</b> <b>Cost: \$35 per person</b> (See poster on page 7)

### REGIONAL GRANDMOTHER LIAISON:

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- 1) Group Leaders Meetings
- 2) Grannyfest Coordinators

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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)

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### GRANDMOTHERS ADVOCACY NETWORK (GRAN):

Co-Chairs, Ottawa/Gatineau GRANs

Joanne Stead

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GRAN Contact

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