

Changing Tides

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

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

Editor's Notes

As we're leaving 2025 behind and head into 2026, we can be grateful that we have been part of the G2G Campaign for many years. We have grown, have made valuable friendships and are part of our Region.

2025 brought many wonderful events among us. While our groups are dwindling, there is a fresh approach at looking at expanding our membership base and have resources to help us.

We are sad to see Sandi go as GRL for five years and have all benefited from her wisdom and advocating for encouraging others to step up to the plate and take part in leadership responsibilities.

We are glad to see Sarah Archer take on the role of GRL. She is enthusiastic and has already experienced various roles. The hope is that someone will give the co-GRL role a try as it is a most rewarding experience.

We cannot thank Sandi enough for

having guided us all these years and provided opportunities of collaborating and adding her talents.

To Sandi, we wish her well in her future endeavours and, fortunately, she indicates she will continue to pitch in where she can!

Hopefully, you had a wonderful Christmas break and look with hope to 2026.

Happy New Year!

Mia Overduin, Editor

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REGIONAL/NATIONAL EVENTS 2026

Available on Demand

Thursday, May 21, 2026

September 22, 23, 24, 2026

Presentations re. Africa Trip 2025 with Sandi and Robin

Regional Grannyfest 2026 – If you are interested in joining the Planning Committee which starts preparations in January 2026, please let Sandi and Sarah know.

20th Anniversary Gathering - Stephen Lewis Foundation – Ottawa, Ontario – Participate in celebration, march on Parliament Hill, host **all** our grandmother friends from across the country and Africa. More details to come! Looking for a suitable venue – let Sandi and Sarah know!

GRL Updates – December 2025

We hope that everyone was able to enjoy a happy and healthy holiday with friends and family. As we bring the year 2025 to a close, we have much to be proud of and much to reflect upon. The world has been altered in the past year and, in particular, our sisters in Africa have new challenges to face. But we have been resolute in our determination to support them and our contributions have not faltered. We should be immensely proud of our achievements and be encouraged to continue.

The new year will also bring celebration – the 20th Anniversary of the inauguration of the Grandmothers' Campaign. We're thrilled that Ottawa has been chosen as the location of the Anniversary Gathering and I hope you all have the dates – **September 22 to 24** – on your calendars. We want to ensure a great turn-out for all the events. We're also hoping that Ottawa grandmothers will step up and offer accommodation to our members from out of town and help with some of the organizing of special events, such as a march on Parliament Hill. Please let us know if you're willing to help.

The plan is to secure an event space by January and begin work on an event theme, program and keynote speakers. Any suggestions you may have are most welcomed. The official public announcement and registration launch will take place on March 8th, *International Women's Day*.

Planning is also beginning on our own *Grannyfest*, scheduled for Thursday, May 21st at the Unitarian Congregation. A small team has been put together and planning meetings will begin in January. If you would like to join the organizing team, please let us know.

Robin Scobie and Sandi London have been speaking about the wonderful trip to Africa that took place last spring. If you have suggestions for public groups that you know would be interested in hearing about the Grandmothers Campaign, please let us know. This is a wonderful opportunity to raise awareness and attract new members.

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GRL Updates – December 2025

After 5 years, Sandi will be stepping down as co-GRL in January but has agreed to continue to support Sarah for the next two months while she is out of the country. A new co-GRL is needed to continue to ensure our region is represented. We hope someone will step forward soon. It's a wonderful opportunity to get to know the *SLF* staff, to learn how the organization operates and to meet and learn from the other *GRLs* across the country.

We wish you all a New Year of peace and joy and look forward to what the year 2026 has to offer.

Yours in solidarity,
Sandi and Sarah

Sandi (sandilondon01@gmail.com) / Sarah (sjaakafelix@icloud.com)

THE AFRICA BOOK NOOK

The Africa Book Nook has been running every two months and welcomes anyone who would like to join. Discussions have been lively and people can name a book they have read or are interested in reading.



Some of the books we have read are:

Disgrace, by J.M. Coetzee

Born A Crime, by Trevor Noah

Born To Walk, by Alpha Nkuranga

The book for January 22, 2026, 7:00 pm, is called ***We, The Kindling***, by Otoniya J. Okot Bilek. Robin Scobie will facilitate the meeting. The sessions are via Zoom. To joinm cibtact Diane Woods at drandallwoods@gmail.com or Mia Overduin at miawboverduin@gmail.com

A LOOK BACK ON 2025

Editor's Note: The information on these pages has been pulled from the ***Changing Tides*** Newsletters of 2025. Focus is on content from Sandi's GRL Reports and activities that took place, both individual fundraising events and more regional ones.

There are regular in-person planning meetings with Sandi, Sarah and O-GRGN group representatives. As groups have dwindled over time, focus has been on planning collaborative fundraising efforts over 2005-2007. A Zoom meeting in February came up with an action plan for next year on how to work together and to explore additional fundraisers, such as the **613 Flea Market** (Lansdowne Park). We were fortunate to collaborate with the **Gladstone Theatre** and Lorraine Hopkins of **One World Grannies** to sell tickets on opening night in the fall and to raise awareness and funds during some of the performances.

Work has been followed up with the **SLF** and **GRL** collaboration to update communication tools to attract new members, e.g., solid messages, updated photos, slogans. Members were able to participate via Zoom in the March 6 **International Women's Day** event of **Contemporary African Voices**.

Foreign Aid Funding Crisis – the withdrawal of US Foreign Aid which forced people to scramble to continue life-saving aid and medicine to partner organizations and their communities. Our Canadian groups have used their fundraisers to contribute to the **SLF Emergency Fund** which supports these needs and to raise awareness and make donations. Many of our members *participated* in the **Global Health Fund Advocacy Campaign**.

Individual fundraising events have been taking place all year long, such as:

- 1) **Capital Grannies Trivia Night** – April 6, 2025
- 2) Sandi was able to sell the **Solidarity Quilt** cards at **Fibre Fling** – the well-known **Out-of-the-Box Artists**.
- 3) **Annual Plants Sales** of the **Grassroots Grannies** and the **Unitarian GoGos** are very popular.
- 4) **Stride To Turn the Tide** took place as the **One World Grannies** invited people to join them at Dow's Lake. Information with **SLF Emergency Funding** were handed out and awareness was raised.

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A LOOK BACK ON ON 2025

- 5) ***Stories and Songs on a Summer Evening*** was a collaborative venture between the ***One World Grannies*** and the ***Unitarian GoGos***.
- 6) ***The Grandmothers' Bridge Crossing***, a regional event, took place at ***Adawa Crossing Pedestrian Bridge, Strathcona Park***, in September and was a well-attended event with Mme Claudette Commanda and several City Councillors.
- 7) ***Petawawa and Area Grannies*** had a successful fundraiser with support from local partners.
- 8) ***Grassroots Grannies*** had their ***Ride To Turn The Tide*** inviting people to join and another event ***An Afternoon with Brett Popplewell***.
- 9) ***Unitarian GoGos*** held their fundraiser for ***SLF*** at ***Biaggio's Italian Kitchen***.
- 10) The popular ***Wine Fest*** Participation fundraiser was run by the ***grandmas Aiding grandmas***.
- 11) Several groups teamed up to purchase the well-known cheese from the Abbey at Benoit-du-Lac, Québec. Together, the groups raised \$36,743.

As you know, there are two major events in the Ottawa region in 2026: ***Grannyfest 2026*** on May 21, 2026 and the ***20th Anniversary Gathering of the Stephen Lewis Foundation*** from September 22-24, 2026. If you're interested in being involved on the planning committees, let Sandi or Sarah know.

THANK YOU, SANDI!

A big THANK YOU to Sandi for her creative leadership in the Ottawa-Gatineau Region. She has gracefully and with deep caring completed five years as GRL, more than any GRL before her. She regularly met with the O-GRGN to look for and share ideas with an emphasis on regional endeavours. She used creative ways to share ideas and do follow-up. She went out of her way to make things happen and inspired us to get involved.

She always kept our groups in the know on what was happening at the SLF and national levels. Sarah Archer has been involved filling various roles within the region for a year and will take on her responsibilities. We look forward to working with Sarah!

Sandi always encouraged others to step up and assist, looking at the role as an opportunity that can enrich us. If you have an interest in becoming a co-GRL, contact Sandi or Sarah.

Sandi, on behalf of all of us in the G2G Campaign, we thank you deeply for sharing your creative and far-reaching ideas, for always encouraging input and involvement.

While we have lost some of our groups in the Region, we continue in innovative ways. People share their gifts in innovative ways while fervently continuing their own fundraisers in their communities. These are the things that keep us together and focused all the while making great friendships.

Happy Wishes for a Joyous 2026!

GRASSROOTS EVENTS CALENDAR

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

DATE	GRANNY GROUP	EVENT	LOCATION/TIME/CONTACT
May 21, 2026	<i>Grandmothers Groups</i>	REGIONAL GRANNYFEST 2026	If you would like to participate on the Planning Committee, let Sandi and Sarah know
Sept. 22, 23 and 24, 2026	<i>Groups from Across Canada and Grandmothers from Africa</i>	20th Anniversary Gathering – Stephen Lewis Foundation Participation in celebration, march on Parliament Hill, host all our grandmother friends from across the country and Africa.	Ottawa, Ontario More details to come!

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- 1) Changing Tides Newsletter

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