

# Changing Tides

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

Ottawa-Gatineau Region  
Région d'Ottawa-Gatineau

March 31, 2026

Volume 14, Issue 3

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## Editor's Notes

Welcome to spring's arrival and with it a bounty of inspiring events for all of us to celebrate the innovative and abiding *Grandmothers Campaign* with our regional *Grannyfest* and, in October, the national *20<sup>th</sup> Anniversary Gathering*.

Each month comes with additional information about the contents and make-up of these celebratory events! Local and National Planning Committees are preparing innovative activities for shared learning and connecting. Committees are working hard to

provide updates of the developments behind the scenes. Springtime always comes with the great excitement of garden and plant sales. Never an easy task with its multiple components but the coordinators always make the experience a wonderful adventure in our communities for gardeners and lovers of the outdoors!

Other grandmother groups are hosting fun card parties and other events that draw in excited community members and raise much-needed funds. KUDOS to all of you for putting your horticultural touch and ideas to make events seem effortless!

*Contemporary Voices of Africa* is back with a thoughtful interview with another author.

Don't hesitate to send in your plans, ideas, articles, and events to *Changing Tides*!

Deadline for submission of your inclusions is the 23<sup>rd</sup> of the month with some leeway, as needed!

Much appreciation to all of you who submit your items!

Mia Overduin, Editor

## REGIONAL/NATIONAL EVENTS 2026

- 1) **REGIONAL GRANNYFEST 2026 – May 21, 2026** / Updates are provided in the monthly *GRL Report*. See the preliminary poster on page 2.
- 2) **20<sup>th</sup> ANNIVERSARY GATHERING – STEPHEN LEWIS FOUNDATION – October 5-7, 2026**

**LOCATION:** Library and Archives Canada, Ottawa

**PROGRAM:** Keynote Speakers, Plenaries, Panels, and Workshops, Marketplace

**OPTIONAL:** Workshop on Advocacy

**NOTE:** *O-GRGN* members are encouraged to consider billeting for out-of-town guests.

- 3) **PRESENTATIONS** of the *Africa Trip 2025* with Sandi and Robin – Available by Request.

## GRL Updates – March 2026

Winter stayed with us through March, but the sun is warm and days are bright. Work continues apace on *Grannyfest*, the **20<sup>th</sup> Anniversary**, and *SLF* and *Grandmothers Campaign* updated tools and documents/information for our use. Be sure to check it all out!

### GRANNYFEST

The *Grannyfest* Steering Committee (SC) met again on March 24 and details are being worked on to make this a great day. We are very excited to show our **“SAVE THE DATE”** poster, which identifies **April 9 as the date Registration Opens**. Thanks to **Karen McEvoy, Mia Overduin, and Sandi London** for working so diligently to have registration available so quickly. Please register at your earliest convenience and remember to bring a friend or two.

Last month's *GRL* updates provided an outline of the program. Obtaining sponsors for the event is key, so, if anyone has a business connection that may be interested in a sponsorship opportunity, please contact **Dianne Breton**, [rdbreton@rogers.com](mailto:rdbreton@rogers.com), who can provide you with information about sponsorship recognition, how to make payment, and what can and cannot be provided for tax purposes. Items are being collected now for the Silent Auction – a reminder that items need to be delivered to, or picked up by, **Lynn Pratt or Stella Val by April 15**.

### MARCH GRL CALL

A reminder that *Grandmothers Campaign* QR codes are now available in *PNG* and *SVG* formats. If your group is using it now, you can add your group name to it. For easy reference, the *URL* for the general donation link is <https://slf.akaraisin.com/ui/grandmotherstograndmothers>. A step-by-step guide will be available late April/May on how to set up group-specific donation pages or QR codes for grandmother groups. As well, a training document will be prepared for grandmother groups on how to set up and use the new donation tracking system.

A Public Service Announcement recruitment plan was developed by the *SLF*, which will result in a 30-second commercial being aired across Canada from April – June, featuring Brandon Fairley, Deputy Director, Philanthropic Partnerships, *SLF* in over 2,000 commercials. In addition, a nearly complete Recruitment Video featuring grandmothers from an Africa trip will be used for traditional media recruitment purposes.

A G2G General Flyer and Bookmark are being reviewed by the ***Diversity, Inclusion, Recruitment and Retention (DIRR) Committee***, which will then become available for our use.

A Postcard Advocacy Campaign will be launched in April. This will allow supporters to write messages to Canadian Parliamentarians in support of global health funding, and directly deliver postcards to MPs during the *20<sup>th</sup> Anniversary Gathering*.

### MARCH CAMPAIGN CALL

A quick reminder that unlike *GRL* Calls, Campaign Calls are open to all members. You can do this by logging into the ***Members Only*** page or by sending an email to [campaign@stephenlewisfoundation.org](mailto:campaign@stephenlewisfoundation.org) to be included in the calls.

All groups have been asked to provide the Campaign (Thushika's email – [trajendrakumar@stephenlewisfoundation.org](mailto:trajendrakumar@stephenlewisfoundation.org)) with an updated list of members and their contact information. This information is only *for* Campaign purposes. It is critical because this is how all

(.../continued on p. 3)

## GRL Updates – March 2026

members will receive the 20<sup>th</sup> Anniversary pre-registration form and because this is how all members will receive the 20<sup>th</sup> Anniversary pre-registration form right now. The pre-registration form is critical for determining numbers and planning events. If you as co-Chair or representative of your group have not yet done this, please do so ASAP. Thanks to those who have done so.

The FAQ update continues to be worked on.

A presentation was given by the *DIRR Committee* on Key Findings and Recommendations from a study done in 2021-2022. Six groups were formed to look at recruitment strategies; group retention; diversity and inclusion; alternative ways of involvement; recruitment and orientation resources; and useful tools and templates. Discussion and ideas followed. In future Campaign Calls, *DIRR* will report on plans and developments in those areas.

**GRL REGIONAL LIASON** - Feelers are still out!

### 20<sup>th</sup> ANNIVERSARY GATHERING UPDATES

The contract has been signed for *Library and Archives Canada* for October 5<sup>th</sup> to 7<sup>th</sup>. There is no official hotel but the Logistics Committee continues to look for preferred rates. The Programming Committee is working on a schedule, including keynote speakers, plenaries, panels and workshops. **DAY 1** will focus on **Celebration**, **DAY 2** on **Education and Learning** and **DAY 3** on **Recommitment**. The Engagement Committee is planning a public Marketplace event that is currently scheduled for Day 2 following the regular sessions.

Steven Page (formerly of *Barenaked Ladies*) has been confirmed to perform that evening! Fare discounts (10%) have been obtained for *VIA Rail*, *Porter Airlines*, *WestJet* and *Air Canada*. A storytelling initiative is being developed to survey members about their experiences and reflect on the past 20 years.

Healey is planning an optional advocacy program including a *Day on the Hill* with MPs. Optional workshops on advocacy will be offered for those interested in meeting with MPs. A sponsorship package is being developed and outreach to networks has been started.

Cost of registration is likely to be \$150 and a final budget will be ready soon. Some financial support may be available. Members in the Ottawa-Gatineau Region are being encouraged to consider billeting our out-of-town guests to help keep costs down and to get to know other grandmothers from across the country!

If you haven't yet responded to the **pre-registration survey**, please do so by using this link: [https://docs.google.com/forms/d/e/1FAIpQLSfghmcMPUWZzQQFbQz06u\\_dqa7K2ixZ046Nfj5UcMagHSi5Q/viewform?pli=1](https://docs.google.com/forms/d/e/1FAIpQLSfghmcMPUWZzQQFbQz06u_dqa7K2ixZ046Nfj5UcMagHSi5Q/viewform?pli=1). We need at least 100 participants in order to make this Gathering viable.

In closing, spring is slowly emerging and we can expect some funny temperature fluctuations. Similarly, as we work towards our goals, there will be ups and downs. Most importantly, we are grandmothers strong, and will not be deterred!

In Solidarity, **Sarah (with support from Sandi)**

# Save the Date

## UBUNTU

*Community of Grandmothers*



## O-GRGN ~ GRANNYFEST 2026

**Please join us**

**Thursday, May 21st, 2026. 9:30am - 3:00pm**

First Unitarian Congregation of Ottawa ~ 30 Cleary Ave.

**Registration opens April 9th, 2026.**

Cost: \$30/person, complimentary admission for students

**Lunch is provided**

**Silent Auction**

**Featuring:**

**Meg French:** Executive Director, Stephen Lewis Foundation

**Brandon Fairley:** Deputy Director, Philanthropic Partnerships

**Keynote Speaker Dr. Mark Hardy:** Retired Surgeon, Volunteer  
Canada-Africa Community Health Alliance

**Plus:**

**Founding Member Panel Interview**

**O-GRGN Wrap-Up: Celebrating, Reflecting, Evolving**

**Any Questions, please reach out to:**

Sarah Archer ~ [sjaakafelix@icloud.com](mailto:sjaakafelix@icloud.com) or

Mia Overduin ~ [miawboverduin@gmail.com](mailto:miawboverduin@gmail.com)

## SPRING FIBRE FLING ART SHOW 2026



One of the beautiful and creative displays of the well-loved *Out of the Box Fibre Artists* and their inspiring textile art! Location: *Kitchissippi United Church, 630 Island Park Drive, Ottawa, on April 24 and 25, 2026!*

## SPRING FIBRE FLING ARTS SHOW 2026



On Friday, April 24, and Saturday, April 25, the **Out of the Box Fibre Artists** are holding their popular, Fibre Fling Art Show at Kitchissippi United Church, located at 630 Island Park Drive in Ottawa, from 10:00 a.m. to 4:00 p.m. Admission is FREE, although monetary donations will be gratefully accepted for the *Ottawa Food Bank*.

The two-day art show and sale will showcase the fibre art of nearly 100 artists from Ottawa and area – offering a range of works: basketry, embroidery, felting, wall hangings, dolls, silk scarves, and beautiful cards.

*“I am continually amazed at the creativity and artistry of our members. Each year, there is beauty, whimsy, and emotion for our visitors to see and experience,”* says Sandy Goldsmith, co-chair of Out of the Box. *“The art reflects our varied backgrounds and diverse skill sets and, we want everyone to be inspired and see the potential that is fibre art.”*

Artists will be on hand to share insights into fibre art and other demonstrations on various techniques. You will have the chance to meet weavers, felters, doll makers, embellishers, silk painters, beaders, botanical dyers, mixed-media creators, and other fibre artists. A schedule of the demonstrations will be posted on the website and on our social media.

*“This is our 18<sup>th</sup> year of showcasing fibre art,”* says Goldsmith. *“We invite you to come and enjoy the art and be inspired.”*

*( Submitted by Kathy Lajeunesse )*



## CONTEMPORARY AFRICAN VOICES

**Otoniya J. Okot Bitek**

in Conversation with GARVIA BAILEY,  
followed by a Q&A

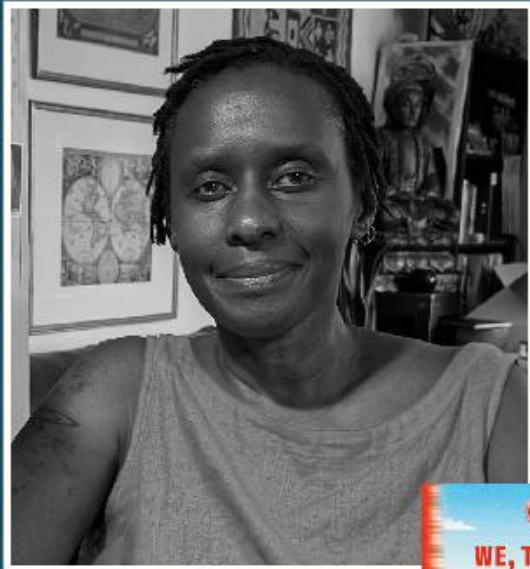


Photo: Seasmin Taylor

"In *WE, THE KINDLING*, Okot Bitek insistently refuses to turn away or to spectacularize tragedy, shaping a chorus of women's voices into a hauntingly beautiful novel, suffused with care and humanity." – CBC Books



**REGISTER**

**DONATE**

**Live On Zoom**  
**Thursday, April 9, 2026**  
**10 AM PDT • 1 PM EDT**

Recording available from April 9 – 23, 2026

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

For more information, contact  
vangogos1@gmail.com



### A SPECIAL OPPORTUNITY NOT TO BE MISSED!

This special event has been coordinated by the *VanGoGos* of Vancouver. As noted, Registration is required and donations to the *Grandmothers to Grandmothers Campaign* are welcome. If you cannot attend the April 9 event, the recording is available from April 9-23, 2026. Our *Africa Book Nook* recently read and discussed *WE, THE KINDLING* by Otoniya J. Okot Bitek. (To facilitate registration and donation, the poster is attached to the distribution of *Changing Tides!*)

## GRASSROOTS EVENTS

**grandmas AIDing  
grandmas**



**All proceeds go to the  
Stephen Lewis Foundation  
Grandmothers Campaign**

# 12<sup>th</sup> Annual **CARD PARTY**

**Tuesday April 14th, 2026**

**12:30 p.m. - 4:00 pm**

**(Doors open at NOON)**

**St Helen's Anglican Church**

**1234 Prestone Dr. Orleans**

**Tickets are \$40.00/person**

**Lunch, Card Games,  
Door Prizes, Raffle, Market**

**For tickets or more information:**



Susan..mcgee@Bell.net



Sue at 613-834-4706

Please bring a non-perishable item  
for the Food Bank

## GRASSROOTS EVENTS



### UNITARIAN GOGOS FUNDRAISER FOR THE STEPHEN LEWIS FOUNDATION

*A variety of perennials, home-baking,  
preserves, honey & jewelry*

The Grandmothers to Grandmothers Campaign is a social justice movement that respects, admires and mobilizes the expertise that women develop and deepen in their lifetimes. Across the Campaign, groups raise funds based on members' passions and skills in support of the urgently needed programs that grandmothers and community-based organizations are leading in 14 countries across Africa.



**LOCATION:** First Unitarian Congregation  
30 Cleary Avenue, Ottawa, ON K2A 4A1

**DATES & TIMES:** Friday, May 8<sup>th</sup> 9 AM – 4:30 PM  
Saturday, May 9<sup>th</sup> 9 AM – 4:30 PM  
Sunday, May 10<sup>th</sup> 9 AM – 1:30 PM

**PAYMENT:** **Pay What You Wish.**  
**Proceeds to Stephen Lewis Foundation.**



# GRASSROOTS EVENTS

18th

## GRASSROOT GRANNIES

Annual Plant Sale & Market Place

Saturday, May 9, 2026

65 Knudson Drive, K2K 2L5

8:00 AM – 12:00 NOON

### What Can You Expect?

- \* *Hardy perennial plants, herbs and vegetable seedlings*
- \* *Hand-crafted garden art*
- \* *Gently used garden tools & ornaments*
- \* *Raffle table*



*There will be horticulturists on site for advice on landscape design and plant care*

**WE ACCEPT CASH, CHEQUES  
& CREDIT CARDS**

**RAIN OR SHINE THE EVENT GOES ON**



## 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  | LOCATION/TIME/CONTACT   |
|-----------------------|---|--|---|
| April 9, 2026         | <i>VanGoGos (Vancouver BC)</i>                                | <b>CONTEMPORARY AFRICAN VOICES</b><br>Otoniya J. Okot Bitek in Conversation with Garvia Bailey, followed by Q&A  | 10:00 a.m. PDT/1:00 p.m. EDT<br>Live on Zoom<br>Recording available from April 9-23, 2026<br>Registration Required<br>Donations to SLF G2G<br>Contact: vangogos1@gmail.com                  |
| Apr. 14, 2026         | <i>Grandmas AIDing Grandmas</i>                               | <b>12<sup>th</sup> Annual Card Party</b><br>Lunch, Card Games, Door Prizes, Raffle, Market<br>(Please bring non-perishable item for Food Bank)   | 12:30 – 4:00 p.m.<br><i>St. Helen's Anglican Church</i><br>1234 Prestone Drive, Orleans<br>Contact: <a href="mailto:Susan..mcgee@Bell.net">Susan..mcgee@Bell.net</a><br>Sue at 613-834-4706 |
| Apr. 24-25, 2026      |   | <b>FIBRE FLING OUT-OT=THE-BOX ARTISTS ART SHOW</b><br>Exhibit and Sale of textile art  | <i>Kitchissippi United Church</i><br>630 Island Park Drive, Ottawa<br>Donations to <i>Ottawa Food Bank</i>  |
| May 8, 9, 10, 2026    | <i>Unitarian GoGos</i>  | <b>UNITARIAN GOGOS FUNDRIASER – PLANT SALE</b><br>Pay What You Wish<br>All proceeds to the SLF<br>Bring a non-perishable item for the Food Bank  | <i>First Unitarian Congregation</i><br>30 Cleary Avenue, Ottawa<br>May 8 – 9:00 a.m. - 4:30 p.m.<br>May 9 – 9:00 a.m. – 4:30 p.m.<br>May 10 – 9:00 a.m. – 1:30 p.m.                         |
| May 9, 2026           | <i>Grassroot Grannies</i>                                     | <b>ANNUAL PLANT SALE &amp; MARKET PLACE</b><br>Perennial plants, herbs and vegetable seedlings, hand-crafted garden art, gently-used garden tools, ornaments, raffle table             | 8:00 a.m. – 12:00 noon<br>65 Knudson Drive, Ottawa<br>Cash, Cheques, Credit Cards Accepted  |
| May 21, 2026          | <i>Grandmothers Groups</i>                                    | <b>REGIONAL GRANNYFEST 2026</b><br>Speakers, Lunch, Silent Auction, Interview Panel, Celebration, Closing  | 9:30 a.m. – 3:00 p.m.<br><i>First Unitarian Congregation</i><br>Fellowship Hall<br>30 Cleary Avenue   |
| Oct. 5, 6 and 7, 2026 | <i>Groups from Across Canada and Grandmothers from Africa</i> | <b>20<sup>th</sup> Anniversary Gathering – Stephen Lewis Foundation</b><br>Celebration, march on Parliament Hill, host all our grandmother friends from across the country and Africa. | <i>Library and Archives Canada, Ottawa, Ontario</i><br><br>DAY 1 – Celebration<br>DAY 2 – Education and Learning<br>DAY 3 - Recommitment  |

## REGIONAL CONTACTS

### REGIONAL GRANDMOTHER LIAISON:

GRL

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[sjaakafelix@icloud.com](mailto:sjaakafelix@icloud.com)

Tel: (613) 790-9537

- 1) Group Leaders Meetings
- 2) Grannyfest Coordinators

Sandi London (GRL support)

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Mia Overduin

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Tel: (819) 684-9720

- 1) Changing Tides Newsletter

### SPEAKER'S BUREAU:

Peggy Rasmussen

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Sheila Green

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Tel: (613) 739-8954

### RESOURCES SLF:

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

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

Grandmothers Campaign Officer, SLF

260 Spadina Avenue, Suite 100

Toronto ON M5T 2E4

Tel: (416) 533-9292

Toll-free 1-888-203-9990

Fax: (416) 850-4910

### GRANDMOTHERS ADVOCACY NETWORK

(GRAN):

Co-Chairs, Ottawa/Gatineau GRANs

Joanne Stead

Stella Val

GRAN Contact

**Pat Dolan**

[Pat\\_Dolan@hotmail.com](mailto:Pat_Dolan@hotmail.com)

**Tel: (819) 230-3118**