

# Changing Tides

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

Ottawa-Gatineau Region  
Région d'Ottawa-Gatineau

May 31, 2026  
Volume 14, Issue 5

## Editor's Notes

With *Grannyfest* still fresh in our hearts, most of the themes of this month's *Changing Tides* evolve blissfully around the wonders of connecting, memories, meaningful reflections, laughter, tears, hugs, and a creative planning team, speakers, all who attended, the dedicated *Unitarian Congregation* Team, granny groups' food contributions.

We come away refreshed and eager to embrace ideas shared, solidarity affirmed, stories told, and all

grandmothers and grandothers who dedicate energy and resolve to recommit and support our African Grandmother sisters, as well as celebrate the regional efforts.

We will continue to focus on the 20<sup>th</sup> Anniversary Gathering in October and look forward to welcoming those from other regions and celebrate the Grandmother spirit and movement in full fling!

Sarah and Sandi, thank you for your leadership and keeping us in the know, supporting these opportunities of togetherness and looking at ways to reinforce our numbers.

To all of you, enjoy the warmth and freedom of summer months and best wishes with any fundraisers you plan.

Mia Overduin, Editor

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Sandi,  
Robin,  
Linda, Meg  
French

Huge thanks to  
Maureen Murphy,  
photographer,  
who has supplied  
all photos!



What a busy month it's been! Many groups held spring fundraising and other awareness or education events, and preparations were in full swing for **Grannyfest** on May 21. A HUGE THANK YOU to everyone involved in preparing for, and/or attending *Grannyfest*. More on that below.

### **GRANNYFEST**

How fortunate we were to have three wonderful morning speakers! A big shout out to Meg French, Executive Director, *SLF*, who opened the day, and new invitees Brandon Fairley, Deputy Director, Philanthropic Partnerships, *SLF*, and Dr. Mark Hardy, retired surgeon/volunteer, *Canada-Africa Community Health Alliance (CACHA)*, for their presentations. While lunch was a little late, it mattered not one iota, as it gave a chance for people to talk, mingle and spend money on the *Silent Auction*, mugs and note cards!

The afternoon program, honouring early members and hosted by Peggy Edwards and Mary Jane Sterne, featured nine amazing volunteer grandmothers from across the region. It was a moving acknowledgement of the focus, perseverance and dedication of early members, leading to the creation of the *Grandmothers Campaign* and of grandmothers groups in the Ottawa-Gatineau region. Robin and Sandi's closing tribute to *Grandmothers: Pillars of their Communities* was a fitting end to the day.

A few statistics: 93 people registered for the event (not including morning guest speakers), a record maybe; we obtained eight sponsors for just over \$2,000, enabling *Grannyfest* to be held with no cost to *O-GRGN* and maybe some left over for donating, sales from the *Silent Auction*, mugs and note cards raised just over \$1,500. Phew!

Postcards for *SLF's* summer/fall **Grassroots Advocacy Campaign** were available to kick off the campaign in this region, and can be ordered by group leaders, including a guide (1

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## GRL Updates – May 2026

per group, please), at [theslf.org/postcard-order](https://theslf.org/postcard-order) and <https://theslf.org/Advocacy-Postcard-Guide>.

A current *HIV/AIDS Quiz*, with answers no less, was also available and was sent out following the event. An excellent tool for awareness/education and discussion.

Once again, thank you to the Steering Committee, all volunteers, our very special photographer, Maureen Murphy, the *First Unitarian Congregation of Ottawa* for the use of their campus, and our generous sponsors.

A recording of the event has been sent to all group leads for distribution as they see fit. Maureen made a photo gallery of the day which will be posted on the **One World Grannies** website, and select photographs have been sent to sponsors. Here is the link: <https://youtube.com/live/zNU1sY-uH9U?feature=share>

### GRL AND CAMPAIGN CALLS

The *SLF* now has a 5-minute **Recruitment Video** created from the **2025 Grandmothers Africa Trip**.

While brief, it offers a powerful glimpse into the extraordinary work of the *Stephen Lewis Foundation (SLF)* partners and the deep impact of the *Grandmothers to Grandmothers Campaign*.

As you watch; we hope you'll see not only moments from the journey, but also the strength, leadership, and resilience of the grandmothers at the heart of this movement. This video captures just a fraction of what was experienced. The reality on the ground – the dedication of *SLF* partners, the vitality of their programs, and the transformative role of grandmothers in creating lasting change – goes far beyond what can be contained in a few minutes.

The work you support and champion is complex, powerful, and deeply rooted in community. This video is a window into that world, and a reminder of why this movement matters so much. We hope it inspires reflection, pride, and continued collective action as we grow this incredible global sisterhood. It can be used by all groups in their awareness, education and recruitment efforts. You can watch the [video here](https://theslf.org/Join-the-G2G). ([theslf.org/Join-the-G2G](https://theslf.org/Join-the-G2G))

In addition to the updated *Grandmothers Campaign QR* code, several groups now have their own *QR* donation codes, as well as specific event *QR* codes. Instructions are on the *Members Only* page and if in doubt, Thushika offered help to work you through it – just contact her to arrange a time.

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## GRL Updates – May 2026

New bookmarks (French and English), a flyer, updated *FAQs*, a template for creating posters were delayed a bit because of Stephen's passing, but are rolling out quickly. If you have a specific question/issue you want help with, again, please contact Thushika.

***Stride to Turn the Tide*** is a big event in some regions and is coming in June. Information on setting up a page will be available shortly.

The Toronto region asked us to share an event they are holding on **Thursday, June 18, 2026**, in case any *O-GRGN* members might be available to attend.

COME HEAR **Harvey Brownstone** discuss his new book ***Without Prejudice: My Life as a Gay Judge***. Harvey is now retired from the Ontario Court of Justice and was Canada's first openly gay judge. He is a renowned celebrity interviewer as the host of "***Harvey Brownstone Interviews***."

A colourful evening is guaranteed so, prepare to be sentenced to a good time!

**WHEN:** Thursday, June 18, 2026

**TIME:** 7:30 p.m. – 9:00 p.m.

**WHERE:** *Lawrence Park Community Church*, 2180 Bayview Ave.  
(Just south of Lawrence Ave. E,  
Parking across the street and easy *TTC* access)

There is no charge for this fundraiser but **registration is required and donations to the *Grandmothers' Campaign* are warmly appreciated.**

To donate: [Click here](#)

To register: [Click here](#)

### 20<sup>TH</sup> ANNIVERSARY UPDATE

Registration is now up and running for both in-person and online attendance.

This milestone anniversary promises to be an unforgettable gathering, bringing together grandmothers, grandmothers, allies, partners, donors, African partners, and community leaders from across Canada. Over three inspiring days, you can look forward to powerful keynote speakers, dynamic panel discussions, interactive workshops, a vibrant marketplace, and many opportunities for meaningful connection and reflection.

Together, we will honour two decades of remarkable women-led solidarity and energize ourselves for the future of this extraordinary movement. This is more than an event; it's a celebration of community, compassion, and collective action you won't want to miss.

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## GRL Updates – May 2026

### Register now to attend in person or online:

[\[Home - Grandmothers to Grandmothers Campaign Canada Celebration\]](#)

The organizing committee is currently putting the finishing touches on the event program. We'll be sharing exciting updates on speakers, sessions, and special activities as they are confirmed – so, stay tuned!

In the meantime, be sure to explore the registration page using the top menu for details on the evolving program, accommodation options, and travel suggestions.

This information was sent out by me to all group leads on May 27 for follow-up with your groups. The logo for the Anniversary is the Grandmothers logo with the 20<sup>th</sup> year notation added. The days will be jam-packed with excitement and promise! The event will be followed by a **“Hill Day”** on Parliament Hill on **October 8<sup>th</sup>** where Postcards will be delivered to *MPs* with the message **“Canadians care about global health and want to see Canada lead.”** Contact Brandon and Thushika if interested in volunteering to help with *“Hill Day.”*

A reception with *MPs* on the Hill is planned for Wednesday afternoon preceded by a march from the event location. On Tuesday from 4:00 to 8:00 pm is the *Marketplace*, to which the public will be invited. They will also be able to view the *Solidarity Quilt* and enjoy the music of Stephen Page at that time.

Finally, summer calls us to spend time with family and friends, whether at a lake relaxing in nature, in the city at one of the many music festivals Ottawa is known for, or in your backyard, balcony or nearby park. Wherever this summer takes you, there are grandmothers everywhere, helping to improve the lives of our grandmother sisters in Africa. How could it be different?

Gratefully (and with support from Sandi)

Sarah

# GRANNYFEST PHOTOS



*Grannyfest Photos: Thanks to Maureen Murphy, One World Grannies*

*An Evening of Comedy with*  
**Sandra  
Shamas**



**TUESDAY, JUNE 16, 2026**  
**ALGONQUIN COMMONS THEATRE**  
**7:30 PM**

**TICKETS AVAILABLE ONLINE AT**  
**[WWW.ALGONQUINCOMMONSTHEATRE.COM](http://WWW.ALGONQUINCOMMONSTHEATRE.COM)**

*In support of the Stephen Lewis Foundation's  
Grandmothers to Grandmothers Campaign*



**Algonquin  
Commons  
Theatre**

Cathy Blauer writes: The event “is presented by **One World Grannies**. Known for her sharp wit, sassy humour and celebrated career, Shamas promises an unforgettable performance that’s hilarious, heartfelt and fresh.” Tickets are available but limited. Order yours today at <https://www.ticketmaster.ca/event/310064909D104DCF>.

## 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
June 16, 2026	<i>One World Grannies</i>	<b>AN EVENING OF COMEDY WITH SANDRA SHAMAS</b> In support of the <i>Stephen Lewis Foundation's Grandmothers to Grandmothers Campaign</i>	7:30 p.m. <i>Algonquin Commons Theatre</i> Tickets online at <a href="http://www.algomacommonstheatre.com">www.algomacommonstheatre.com</a>
Oct. 5, 6 and 7, 2026	<i>Groups from Across Canada and Grandmothers and Partners from Africa</i>	<b>20<sup>th</sup> Anniversary Gathering – Stephen Lewis Foundation</b> Celebration, march on Parliament Hill, host all our grandmother friends from across the country and Africa.	<i>Library and Archives Canada, Ottawa, Ontario</i>  DAY 1 – Celebration DAY 2 – Education and Learning DAY 3 - Recommitment

## REGIONAL CONTACTS

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- 1) Changing Tides Newsletter

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