

Changing Tides

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

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

June 30, 2026
Volume 14, Issue 6

Editor's Notes

Summer has reached us with its early warmth and some brisk weather! Hopefully, we can put some of our projects to rest and enjoy some travel, or visits with family and friends, seeking out nature's bounty, or read a book in a lovely quiet place.

Some of our groups are planning their fall events and lining up participants to join. *Petawawa and Area Grannies* have a mid-summer Yard Sale in the offing and *Grassroot Grannies* are organizing their 17th Ride to Turn the Tide –

the Stephen Lewis Memorial Ride.

Sarah and Sandi are sharing more information on *GRL Updates* and the developing 29th Anniversary Gathering activities. Before we know it, the event will be here. The Hill event is shaping up to be a sharing and learning initiative with the *SLF Advocacy Postcard Campaign* and involvement of MPs.

September 13 will offer the Third Annual Grandmothers Bridge Crossing – a well-orchestrated event for the public, family and friends.

To save the date, a poster has been included in this issue of *Changing Tides* outlining the Strathcona **Park initiative**. We're hoping for a good turnout with fun activities.

For now, celebrate **Canada Day** with heart and soul. As a country, we have an abundance of goodness and initiative to spread around. Let your wings take flight and enjoy good company and special times!

Mia Overduin, Editor

EDITOR'S NOTES	1
Save the Date	
GRL Updates – June 2026	2-4
Grandmothers Bridge Crossing	5
GRASSROOTS EVENTS	6-7
Charity Yard Sale	
17 th Ride to Turn the Tide	
GRASSROOTS EVENTS	8
Calendar/Contacts	

GRANDMOTHERS BRIDGE CROSSING 2026 National Grandparents Day Sunday, September 13, 2026



Passerelle Adèle Crossing Pedestrian Bridge Strathcona Park - Range Road, Ottawa / 10:00 a.m. - 2:00 p.m.

- All are invited to join the Ottawa & Gatineau Grandmothers to Grandmothers Campaign to celebrate 20 years of care and connection with Grandmothers in Africa and the work of the Stephen Lewis Foundation to "Bridge the Gap" left by foreign fund withdrawal.
- Walk with us on a Bridge Crossing on the Adèle Crossing pedestrian bridge.
- Bring a family picnic and listen to African music; learn about African countries and the resilience of African Grandmothers and their communities.
- Write a message to African Grandmothers.

THE FIGHT AGAINST HIV AND AIDS IS NOT OVER

AT RISK: Decades of progress to eliminate HIV and AIDS due to Global Funding Cuts

The Grandmothers Campaign raises funds and awareness, educates and advocates for human rights, health and social justice

**SAVE THE DATE
September 13,
2026**

**Grandmothers
Bridge
Crossing**

GRL Updates – June 2026

It is amazing to think July and *Canada Day* are just around the corner! I honestly don't know where June went, except that it was busy. Most of the work is centred around plans for the *20th Anniversary Gathering* and Sandi provided an update below. The *GRL* and Campaign calls also focused on the Anniversary. I have included some additional information about the three ways the *SLF* will engage Parliament on October 7 and 8 (the presentation material is below), as well as an invitation from the Campaign for you to complete a short survey to share memories, experiences and reflections on your involvement in the *G2G Campaign*. This will inform a commemorative reflection piece and other materials for the 20th Anniversary celebration (survey link also below).

GRL and CAMPAIGN CALLS

Last month we mentioned the promotional video (theslf.org/joinG2G) and I hope several have seen it and perhaps already used it in awareness building or educational events.

We also provided information on the ***SLF Advocacy Postcard Campaign*** with information about the Guide and how to order. The links are repeated here in case you missed it:

<https://theslf.org/Advocacy-Postcard-Guide>
theslf.org/postcard-order

Please remember one order per group to keep mailing costs down. I know many postcards have already been sent! Wonderful! Keep up the great work - it is a fun and easy way to show parliamentarians what we value in a global context.

Parliamentary Engagement:

As you know, *Hill Day* follows the Anniversary, but there are three ways the *SLF* will engage Parliament in the October timeframe. The presentation below carefully explains these plans. Please take a moment to review the presentation material so you are up-to-date.

If you have any questions about *Hill Day* please contact Healy at advocacy@stephenlewisfoundation.org, and if you cannot be there in person but would like to participate virtually, please complete the sign-up form: [SLF Virtual Hill Day Sign-Up](#)

Survey:

Here is the link to completing the memories/experiences/reflections survey. I personally think this is so important for us to complete, as it captures history in the making, and a shared humanity with a desire to make a difference. While not all reflections will/can be shared publicly, the Campaign notes every submission will be read with care and deep appreciation.

(.../cont'd on p. 3)

GRL Updates – June 2026

20th Anniversary Update:

Plans are well underway for the Gathering, Oct. 5, 6, 7. Due to the Ebola outbreak, only the three delegates from South Africa are able to attend in person. The remaining African partners will participate virtually. I know this is a disappointment, but every effort will be made to make remote connections.

The schedule for the three days has been finalized. Monday and Tuesday will include keynote speakers and African-led workshops, as well as healing circles and grandmothers as agents of community change.

Final details will be available soon. Special speakers confirmed are:

- **Ilana Landsberg-Lewis**, reflecting on 20 years of the campaign.
- **Idah Nambeya-Mukuka**, speaking on *HIV* activism from 2006–2026 and beyond.
- **Melissa Wainaina**, *SLF* field representative and activist, on why global solidarity is critical to ending *AIDS*.
- An update from **Global Affairs Canada** on Canada's role in global health and the fight to end *AIDS*.
- **Mme Claudette Commanda** - Land Acknowledgement and the Power of the Grandmother
- **Senator Mary Coyle** – founding member of the *SLF* Board of Directors.

The Marketplace and public activities will be held on Tuesday from 4–8 p.m. Steven Page has been confirmed and we are actively seeking other entertainers.

The schedule has been compressed for Wednesday to allow a march to *Parliament Hill* immediately after lunch, attendance at *Question Period* and recognition from an *MP* and, hopefully, a reception on the Hill hosted by an *MP*.

Thursday is designated as *Hill Day* where members can arrange meetings with their *MPs* in their offices. If you are interested in participating, please contact the organizer **Healy Thompson**, Senior Manager, Advocacy. htompson@stephenlewisfoundation.org.

This is an action-packed schedule with activities designed for learning, reflecting and recommitting. If you haven't already registered, please do so at <https://slf.akaraisin.com/ui/G2GCanadaCelebration>.

(.../cont'd on p. 4)

GRL Updates – June 2026

Please note that there are no *GRL* or *Campaign Calls* in July and August, but I'm sure there will be lots more information about the 20th Anniversary and requests for volunteers. Stay tuned!

This *Canada Day*, I will be in B.C., fortunate enough to celebrate with friends on the west coast. It gives me pause to reflect on how fortunate I am to do so. Wherever you are on *Canada Day*, I hope you are with friends and/or family to celebrate our good fortune, and to reflect on how important it is for us to continue the work of the Grandmothers Campaign.

Happy, healthy summer,

Sarah (with support from you know who....**Sandi**, of course!)

NOTE: *HIV - AIDS Quiz*

Attached to the June *Changing Tides* newsletter distribution email is a copy of the *HIV-AIDS Quiz (with answers)* which was shared at *Grannyfest*. developed by Peggy Edwards, it is a useful information sharing and education tool. Sarah also sent copies to the regional Grandmother Group Member Reps. They can be passed to friends who attended *Grannyfest*.

SAVE THE DATE: Grandmothers Bridge-Crossing 2026

GRANDMOTHERS BRIDGE CROSSING 2026

National Grandparents Day

Sunday, September 13, 2026



Uganda Grandmothers Gathering, 2015 | Photo Credit: Emmanuel Meseruka

Passerelle Adàwe Crossing Pedestrian Bridge

Strathcona Park - Range Road, Ottawa / 10:00 a.m. - 2:00 p.m.

- All are invited to join the Ottawa & Gatineau Grandmothers to Grandmothers Campaign to celebrate 20 years of care and connection with Grandmothers in Africa and the work of the Stephen Lewis Foundation to "Bridge the Gap" left by foreign fund withdrawal.
- Walk with us on a Bridge Crossing on the Adàwe Crossing pedestrian bridge.
- Bring a family picnic and listen to African music; learn about African countries and the resilience of African Grandmothers and their communities.
- Write a message to African Grandmothers.

THE FIGHT AGAINST HIV AND AIDS IS NOT OVER

AT RISK: Decades of progress to eliminate HIV and AIDS due to Global Funding Cuts

The Grandmothers Campaign raises funds and awareness, educates and advocates for human rights, health and social justice

GRASSROOTS EVENTS

CHARITY YARD SALE

Hosted by the **Petawawa and Area Grannies**



FRIDAY, JULY 10, 2026

THE SPOT
In
PEMBROKE MALL
10.00 AM—2.00 PM

All profits to the Stephen Lewis Foundation in support of African Grandmothers, orphans and those others affected by HIV/AIDS

We have chosen to donate to:



GRASSROOTS EVENTS



The Stephen Lewis Foundation supports community-based organizations that are working to turn the tide of AIDS in sub-Saharan Africa by providing care and support to women, orphans, and vulnerable children, grandmothers and networks of people living with HIV and AIDS.

17th Ride to Turn the Tide The Stephen Lewis Memorial Ride

Wednesday, September 2, 2026

Distance: 1 day ride - 50 km or 80 km

Registration fee: \$50

Start: 9 -10 am, staggered starts

Finish: Mid-afternoon, after Post-Ride Reception.

Start and finish from Bushtukah in Stittsville



For more information email **stella Val** at

stella-val@rogara.com

or go to

www.grassrootgrannies.com

Proceeds donated to:



The one-day Ride will leave from **Bushtukah** in Stittsville in the morning and return there for a post-ride reception/celebration mid-afternoon. There is a choice of routes of 50 km or 80 km and there will be a sag wagon for each route, meeting the cyclists at planning stops along the way. All the cyclists will meet for lunch in Richmond. The registration fee is \$50. All cyclists create their fundraising page on the **SLF** website and donors receive receipts for donations immediately. Funds raised go directly to the **SLF** while the registration fee pays for lunch, the post-ride reception, sag wagon and administration. Please distribute the poster, attached to this newsletter distribution email, to your friends and families. Thank you! **Stella Val: 613-620-6050.**

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
July 10, 2026	<i>Petawawa and Area Grannies</i>	CHARITY YARD SALE All profits to the <i>Stephen Lewis Foundation</i> in support of African Grandmothers, orphans and those affected by <i>HIV/AIDS</i>	10:00 a.m. – 2:00 p.m. THE SPOT in <i>Pembroke Mall</i>
Sept. 2, 2026	<i>Grassroot Grannies</i>	17th Ride to Turn the Tide <i>The Stephen Lewis Memorial Ride</i> 1-day ride – 50 km or 80 km Registration Fee: \$50	<i>Start and Finish at BUSHTUKAH, Stittsville</i> STAGGERED STARTS: 9-10 a.m. FINISH: mid-afternoon, after Post-Ride Reception Email Stella: stella-val@rogers.com Or go to www.grassrootgrannies.com
Oct. 5, 6 and 7, 2026	<i>Groups from Across Canada and Grandmothers and Partners from Africa</i>	20th Anniversary Gathering – Stephen Lewis Foundation 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

REGIONAL GRANDMOTHER LIAISON:

GRL

Sarah Archer

sjaakafelix@icloud.com

Tel: (613) 790-9537

- 1) **Group Leaders Meetings**
- 2) **Grannyfest Coordinators**

Sandi London (GRL support)

sandilondon01@gmail.com

Tel: (613) 203-3026

Mia Overduin

miawboverduin@gmail.com

Tel: (819) 684-9720

- 1) **Changing Tides Newsletter**

SPEAKER'S BUREAU:

Peggy Rasmussen

margaretmary.rasmussen@gmail.com

Tel: (613) 440-2765

Sheila Green

sgreen8954@hotmail.com

Tel: (613) 739-8954

RESOURCES SLF:

www.stephenlewisfoundation.org

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

Tel: (819) 230-3118