

Changing Tides

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

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

September 30, 2026
Volume 14, Issue 8

Editor's Notes

September has brought us a welcome array of activities that continue to come to life in October with the Grandmothers Gathering!

As can be seen from the beautiful lively photos, the Bridge-Crossing event of September 13th had a heyday with children, grandmothers, invited guests, others, and happy dogs. Members of the public stopping by to find out more about the G2G Campaign.

The Grandmothers Gathering is well on its way to finalize the contents for

the 4-day occasion. We expect a healthy turnout for multiple learning and sharing activities which have been meticulously prepared by the SLF and Grandmothers planning team. Our local members are looking forward to this gathering platform and interacting with grandmothers/others from across Canada and attendance from the African Continent!

A big thank you to Sarah Archer who has kept us well informed of the planned activities, visits to Parliament Hill, and local grandmothers as hosts of this

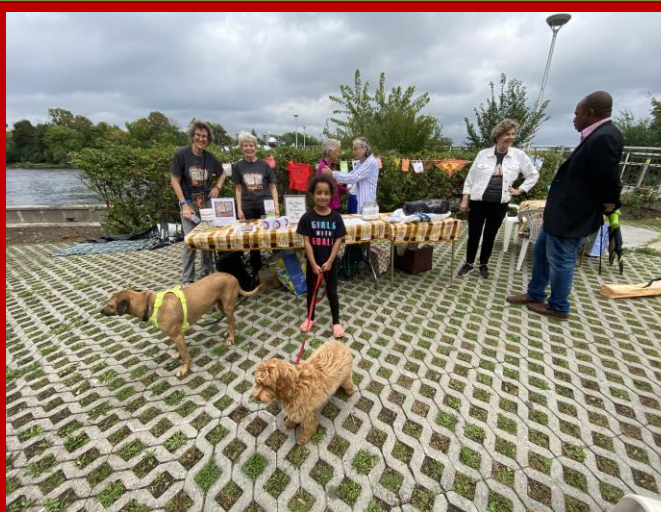
momentous occasion.

Another wonderful opportunity is in the offing as well with the partnership of the *One World Grannies* and the *Ottawa Little Theatre*. We hope to help with the sale of tickets to make this event an annual opportunity!

We look forward to see you in October! Good luck with your own planned fundraisers. There is, sadly, a heartfelt goodbye to the *Lanark County Grannies* who, after 20 years, are folding their group!

Mia Overduin, Editor

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PHOTOS - BRIDGE CROSSING
(Story & photos - pp. 7-8)

GRL Updates – September 2026

Hello everyone,

The seasons have moved along quickly (check the sun in the sky - yikes!) and we are now into fall - cooler days and evenings, loved by many. And in less than a week, the event we've all been working so hard to prepare for, participate in, and celebrate - the 20th Anniversary of the *Grandmothers to Grandmothers Campaign* is here. PHEW!

20th ANNIVERSARY CELEBRATION

Anniversary Program details were provided in last month's **CHANGING TIDES**, along with information about *Hill Day*, a day of advocacy, which follows the Anniversary on Thursday. I will not repeat all this information again here, as the Anniversary is only a few days away, but if you have any questions or concerns, please do not hesitate to contact our Anniversary leads, Robin Scobie onescobie@gmail.com, and Sandi London sandilondon01@gmail.com, or me sjaakafelix@icloud.com.

Last minute registration is still open! Please contact **Thushika** directly if you or someone you know is now able to participate, trajendrakumar@stephenlewisfoundation.org. Currently there are 155 registrants! Wonderful!

A few things to highlight, though. On Monday, two dinner events are planned. The *GRLs* will meet with some *SLF* staff and African partners for a dinner at *Vista on Sparks*, just up the road. A second dinner is being organized by Sandi and Robin for event participants who would like to join in a group dinner at the *Mill Street Brewery*, also nearby.

The **Marketplace** (Tuesday, 4:00 – 8:00 p.m. and open to the public) promises to be a wonderful event, with *GRL* groups from Nova Scotia, New Brunswick, several Ontario groups, including *O-GRGN*, Manitoba, some Alberta groups and a large *BC* contingent, all participating. Coast to coast - how good is that! And let us not forget the Kazuri jewelry initiative - I can't wait to see what's up for grabs. The entertainment promises to keep us dancing and laughing the evening away.

We close the Anniversary event on Wednesday, with a march to *Parliament Hill*, and a presence at *Question Period* in the House.

FAREWELL BUT NOT GOODBYE

I sent a note out to everyone in September about the closure of the *Lanark County Grannies* group. Very sad but totally understandable - they were a powerhouse of support for the *G2G Campaign* over the last 20 years. Kudos to you all! I asked Diana to highlight some of their work and successes.

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

GRL Updates – September 2026

Diana Bracegirdle offered these words:

“This is to gently inform everyone that our group, the Lanark County Grannies, has officially folded. We have chosen to fold at this 20-year mark because everyone is tired, and everyone has found themselves dealing with either health issues of their own or that of loved ones. And of course, as we age, being with and supporting our families is of the utmost importance.

T’was a heartwarming last gathering of the Lanark County Grannies this past September 9th. Another potluck. We sat around the table sharing memories of our fundraising efforts over our 20 years.....car boot sales, twig stars, bird houses, birds, pasta dinners, games nights, Kazuri jewelry sales, feeding the amazing Ride Grannies, a car scavenger hunt, garage sales, golf tournaments, bake sales, what did I miss? We raised well over \$100,000. We are the last of the rural Grannie groups.

It certainly has been a pleasure to have been so involved with the Stephen Lewis Foundation Grandmother Campaign. We have all learned so much and developed deep friendships along the way. We wish you good luck (and courage) in the coming years and we will do our best to support the Foundation on an individual basis.

***Love and hugs,
Diana B. and the Lanark County Grannies”***

Thank you, Diana and the *Lanark County Grannies*. Farewell but not Goodbye!

UPDATES FROM THE GRL CALL

As we face some challenging times ahead to fundraise and inform/educate, discussion-centred on partnering with other groups, either Grandmother groups or other groups that share similar principles and goals, for different events. This can foster community building between groups, and is being encouraged when possible. I know some of our groups already do this.

In terms of the language, we use to describe the countries where we partner with African organizations, it was discussed that we are moving away from the term *sub-Saharan Africa*, to the terms *African Continent* and/or *Eastern and Southern Africa*.

And finally, groups are encouraged to participate in the monthly Campaign calls, held monthly on the third Thursday, at 12:30 p.m. It was recommended that not the same person from your group do this all the time, but that you rotate it within your group. That way the commitment is shared, and many people are able to have the experience of being on the call. Just let Thushika know beforehand who you’d like to be included that month on the *Zoom* call so she can include them in the reminder/invitation.

(...cont’d on page 4)

GRL Updates – September 2026

O-GRGN & OTTAWA LITTLE THEATRE PARTNERSHIP - JANE EYRE - PREVIEW PERFORMANCE, Sunday, October 25th, matinee performance, 2:30 p.m.

On September 21, I sent out a reminder to everyone about this. If you didn't get it, please check your junk mail! This is our second O-GRGN collaboration with a theatre (*Gladstone* was the first) but this time it is for **one performance only - a matinee which should be attractive to those who don't want an evening activity**. Tickets are amazingly priced at only \$25 a ticket.

We now have three baskets for the silent auction, and enough volunteers for ticket taking and to help on the information table. A big thank you to all contributors and volunteers. **We have 375 tickets to sell**, so please, share this information as widely as possible via your various contacts and social media tools - *FB*, *Insta*, e-mail or whatever you use, posters included. This is how we will get the word out.

If you are sending an e-mail to friends/family/acquaintances etc., please send the links and a suggested introduction along the lines of: (of course you can customize)

My grandmothers group (your group name), is participating in a regional fundraiser organized by the Ottawa-Gatineau Regional Grandmothers Network (O-GRGN). We have partnered with the Ottawa Little Theatre (OLT) to hold a Special Preview Performance of the play Jane Eyre on Sunday, October 25 at 2:30 p.m., a matinee. One performance only, with all proceeds from this performance going to the Stephen Lewis Foundation's Grandmothers to Grandmothers Campaign. Tickets are very reasonably priced at \$25. Please do join us...etc., whatever you'd like to say/add.

DATE:	Sunday, October 25, 2026
TIME:	Doors open at 2:00 p.m. for the Matinee Performance at 2:30 pm.
COST:	\$25
BAR:	Open before the performance and during Intermission - proceeds to OLT, naturally

EVENTBRITE: *Eventbrite* is now live to purchase tickets. **NOTE:** the tickets to buy on *Eventbrite* are for the **PREVIEW PERFORMANCE on SUNDAY 25th MATINEE at 2:30 p.m., NOT the regular OLT tickets for the performance the rest of the week.**

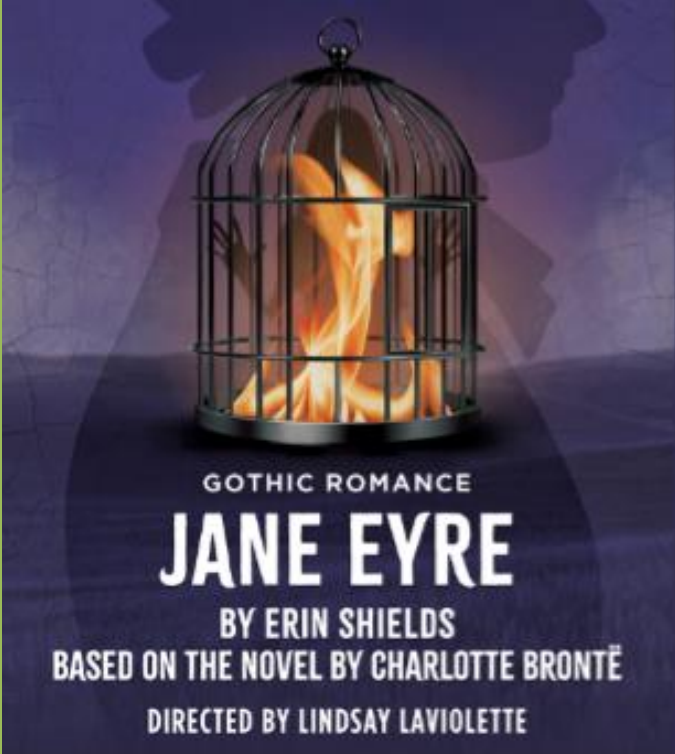
The link is: <https://www.eventbrite.ca/e/preview-peformance-of-jane-eyre-tickets-2000897748027?aff=oddtcreator>

There is a message Sandi created that is included on the Eventbrite page. It succinctly describes the G2G Campaign. The posters for *FB*, *Insta* and e-mail are attached to the **CHANGING TIDES Newsletter**.

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

GRL Updates – September 2026

Let's fill the house, see a great play, have some fun and support the Grandmothers Campaign!



The poster features a central image of a black metal cage with a fire burning inside. The background is dark purple with faint silhouettes of faces. Text on the poster includes: "GOTHIC ROMANCE", "JANE EYRE", "BY ERIN SHIELDS", "BASED ON THE NOVEL BY CHARLOTTE BRONTË", and "DIRECTED BY LINDSAY LAVIOLETTE".

**Ottawa Little Theatre Presents -
a Special Preview Performance**

**Sunday, October 25th
2:30 p.m.
400 King Edward Avenue**

**All Proceeds to:
the Stephen Lewis Foundation's
Grandmothers to Grandmothers
Campaign**

**Tickets \$25
available on Eventbrite**

OTHER OBSERVATIONS

In closing, I find it hard to comprehend that we are on the doorstep of October already. The months seem to pass in a whirlwind, perhaps a function of getting older? In any event, this year has been jam-packed with grandmother groups continuing to see their plans and commitments through in support of the Grandmothers Campaign. Well done! Let's toast fall and continuing success with all we do!

In solidarity,

Sarah Archer

GRANDMOTHERS TO GRANDMOTHERS MARKETPLACE

Celebrating 20 Years of Community, Compassion and Change



Shop.
Connect.
Make a
Difference.



STEVEN PAGE

**TUESDAY,
OCT. 6, 2026
4:00–8:00 P.M.
FREE ADMISSION
DONATIONS ENCOURAGED
LIMITED CAPACITY — REGISTER NOW!**

**Library and Archives Canada
395 Wellington Street, Ottawa**



Discover handcrafted items, artwork, jewellery, home décor and one-of-a-kind treasures created by grandmothers groups from across Canada.

Watch Steven Page live at this event in advance of his upcoming performance on November 28 at Algonquin Commons Theatre in Ottawa. Featuring performances by the Kamengo Cultural Troupe and special guests.



**Stephen Lewis
Foundation**

Proceeds support the Grandmothers to Grandmothers Campaign, empowering grandmothers and communities affected by HIV across Africa.

Grandmothers Bridge Crossing 2026

OWG BRIDGE CROSSING 2026 - Adàwe Pedestrian Crossing, Strathcona Park September 13, 2026 (Submitted by Shelagh Jane Woods)

A small but delightfully enthusiastic group of grandmothers turned out for the third bridge crossing in solidarity with African grandmothers. Strathcona Park was the setting for the second year in a row. We greatly missed our favourite “*kokum*”, Claudette Commanda, who was unable to attend for the best of reasons, celebrating the first year of her great-grandson.

Susan Brown led off the event and introduced the speakers, with Stella, Shailja Verma’s granddaughter, reading our land acknowledgement eloquently. Councillor Rawlson King, whose ward includes the Vanier side of Adàwe, made meaningful and heartfelt remarks, noting the significance of bridges connecting communities not just locally, but metaphorically, bridges connecting grandmothers around the world. Shannon Fleming of the *Stephen Lewis Foundation* reminded us of the importance of our efforts in continuing the fight against *HIV* and *AIDS* in a world less inclined to take the disease as seriously as it warrants. She spoke about the late Stephen Lewis’ emphasis on “*rage and hope*” as the underpinning of our *Grandmothers to Grandmothers Campaign*, underlining the importance of sustaining hope amidst difficult times and circumstances.



There were activities for children - pinning messages onto a clothesline strung along some bushes near the *Adàwe Pedestrian Crossing*, colouring maps of Africa, getting tattoos (not permanent!) and crossing *Adàwe*.

(cont'd on page 8)

Grandmothers Bridge Crossing 2026



This year we had an information table at the restaurant on the Vanier side, manned by Kate Grierson and Sarah Jane Archer. The restaurant generously lent us tables and a spot to sit at in order to catch the attention of people visiting the premises. Sandi London, our Grandmothers' Regional Liaison support, was on hand with quilt cards and mugs for sale.

Shelagh Jane offered small gifts of appreciation to Councillor King and Shannon after they spoke. Stella received a book and a card in recognition of her contribution to the event.

Organizers included Dianne Breton, Mia Overduin, Kate Grearson, Shelagh Jane Woods, Susan Brown, and Shailja Verma; all of us thoroughly enjoyed our time there. With an at times overcast day and threat of rain, the numbers of people passing by were not very large, but those who stopped to see and hear what we were about were genuinely interested.

The organizers would like to give particular thanks to the three staff members of the SLF who joined us - Shannon Fleming, Leslie Wells, and Karimi Ikuta. We know that everyone has busy lives, and greatly appreciate the three agreeing to spend part of a Sunday with us.

KAZURI JEWELLERY RE-SALE – 20th Anniversary Celebration

KAZURI JEWELLERY IS BACK!!

GIVE AGAIN TO SUPPORT OUR AFRICAN SISTERS. If you still have some Kazuri Jewellery and can bear to part with it, the *One World Grannies* are organizing a re-sale at our 20th Anniversary Celebration in Ottawa in October 2026. All monies raised will go to the *SLF Grandmothers Campaign!*

For details, contact:

Susan Carter at slacarter78@gmail.com, OR
Marjorie Kort at marjoriekort@gmail.com, OR
Janice Beddard at janicebeddard@yahoo.co.uk



GRASSROOTS EVENTS

UNITARIAN GOGOS FUNDRAISER FOR

The Stephen Lewis Foundation



Join us for an enjoyable evening of delicious food, served to perfection, and some interesting conversation or Order Take Out

WHERE: *Biagio's Italian Kitchen*

1394 Richmond Rd, Ottawa

WHEN: Tuesday, October 27th, 2026

TIME: 5:30 PM

Contact to register gogos@firstunitarianottawa.ca

REGISTRATION NEEDS TO BE BY OCTOBER 22nd, 2026



COST

COST PER PERSON: \$45.00 (tax & gratuity included - to go to Biagio's) plus a Donation to the Stephen Lewis Foundation.

Donations will be collected at the event. A tax receipt will be issued for \$20 or more.

Donation Envelope: Cash, Cheque, E-Transfer, Credit Card #

MENU

- ◆ Rosemary Bread
- ◆ Garden Salad
- ◆ Meat Lasagna (beef) or Vegetarian Lasagna
- ◆ Hazelnut Chocolate Cake, Tiramisu or Crème Brûlée
- ◆ Coffee & Tea



The grandmothers in Africa have been raising millions of children orphaned by AIDS. Through sustained funding of their work, they have moved from securing their most basic needs to taking on leadership roles in the community, and starting their own programs for childcare, income generation and other support networks.

The grandmothers movement amplifies the voices and expertise of grandmothers in Africa and shows the world that leadership by older women is critical in reclaiming hope and rebuilding resilience across communities.

WE WILL NOT REST UNTIL THEY CAN REST.

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
Oct. 5, 6 and 7, 2026	<i>Groups from Across Canada and Grandmothers and Partners from Africa</i>	<i>20th Anniversary Gathering – Stephen Lewis Foundation</i> 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
Oct. 7	<i>Delegation of Grandmothers</i>	Training Session with Healy Thompson, SLF	Holiday Inn, Parliament Hill, 3:30 p.m.
Oct. 8	<i>HILL DAY</i>	Meeting	8:00 a.m. - 4:00 p.m. Various Meetings (Healy Thompson – contact person)
Oct. 27, 2026	<i>Unitarian GoGos</i>	<i>Annual Fundraising Dinner at Biaggios</i> – Salad, Rosemary Bread, Meat or Vegetarian Lasagna, Dessert Donations to SLF	BIAGGIOS ITALIAN RESTAURANT 1394 Richmond Road, Ottawa 5:30 p.m./Cost: \$45.00

REGIONAL CONTACTS

REGIONAL GRANDMOTHER LIAISON:

GRL

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- 1) Group Leaders Meetings
- 2) Grannyfest Coordinators

Sandi London (GRL support)

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Mia Overduin

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- 1) Changing Tides Newsletter

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Stella Val

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