



Photo credit: Alexis MacDonald

# PRAIRIE REGION UPDATE

*The Prairie Region Update is intended to keep grandmothers groups across the Prairies connected to each other and informed about the SLF Grandmothers to Grandmothers Campaign.*

October 2014

## WHO'S WHO in the SLF NETWORK

### Ida Nambeya:



Ida Mukuka Nambeya is a widowed mother of two biological children and an adopted son. In 2001, soon after her brother died of AIDS, she began working as an HIV counsellor at the Chelstone clinic in Lusaka, Zambia. As a gifted counsellor, Ida advised HIV-positive pregnant women on the prevention of mother-to-child transmission and provided care and support to people living with HIV. Her remarkable story is chronicled in Stephanie Nolen's book, *28 Stories of AIDS in Africa*.

In 2003, while working as an AIDS counsellor, she tested HIV-positive. After learning her status, Ida became an even more vocal and passionate activist for people living with HIV and AIDS. She was promoted to the role of Director of Community Outreach at the Center for Infectious Disease Research in Zambia (CIDRZ), where she helped to create support groups and a peer education programme where people living with HIV and AIDS provide counselling and support services in all public clinics offering antiretroviral drugs.

Ida's leadership and activism earned her a fellowship to study at the Coady International Institute at St. Francis Xavier University in Halifax, Nova Scotia. While studying at St.FX, she was awarded the Katherine Flemming Award for International Development.

Since 2007, Ida has served as a full-time field representative for the Stephen Lewis Foundation in Africa, where she uses her extensive knowledge and experience to help build the capacity of grassroots AIDS organizations throughout sub-Saharan Africa.

*The Foundation is actually supporting communities to heal themselves, so a high level of mutual respect, consideration, flexibility and long-term commitment has to be firmly in place. It's why we don't have 'exit strategies.' Just when an organization reaches the point where it can go to scale is the moment when funding is needed more than ever to ensure the sustainability of the work. As Theo Sowa—CEO of the African Women's Development Fund—captures so accurately, there are organizations who you continue to walk alongside because your values and principles are aligned. That certainty and continuity means everything in the context of the pandemic—fraught as it is with crisis, loss, and struggle for people in the community and the staff of these grassroots groups themselves.*

~ From *Spotlight on Grassroots*, Spring 2014

## FROM OUR REGION

### Look out! We're Yarn Bombing!

In Durban, South Africa, the 22 Canadian ladies known as the "Sisterhood of the Travelling Grands", visited the Hillcrest AIDS Centre. We were delighted to see that the large tree at the entrance had been "Yarn Bombed!" SLF Grandmothers Groups were asked to send knitted or crocheted squares to cover the tree trunk as a living symbol of the solidarity between the South African and Canadian Grandmothers. The brightly coloured squares were a wonderful reminder of how we are all working together to support the African Grandmothers and the children they are raising.

The Canadian Museum of Human Rights wanted to include a similar display in their 7th floor gallery called "Inspiring Change". Through the SLF, Deb Radi was contacted to organize "bombing" the fabricated tree with squares created by the South African Grandmothers. 22 Grands 'n' More members answered the call. Since the museum was still a work site, we were required to take an hour of safety



training. While in the gallery, we had to don steel toed boots, safety vests and hard hats. We were even issued our own ID and elevator passes.

Under the gentle leadership of Joan Wilton and relying on the expertise of many fabric arts experts, the stark white tree form started to be transformed. The squares had to be sewn together with wool and pieced around the trunk and branches. Near the top, squares were sewn into "sleeves" and slipped over the top branches. In three days, the project was complete! The smiles on the faces of the volunteers on the last day express the joy we felt to be included in this history making project.

Nina Logan, Grands 'n' More, Winnipeg



## Prairie Region Gathering 2014

Watch for an article in the November issue of the Prairie Region Update.

## Grandmothers 4 Grandmothers Moose Jaw

Grandmothers 4 Grandmothers Moose Jaw will have a fundraising tea, bake sale, and knick knock sale on November 22, 2014 at St Andrew's United Church, 60 Athabasca Street East, from 1:30 to 4:00 pm. The entry cost is \$5.00 per person. Donations of baked goods, small crafts, jewelry, books, DVDs, and small knick knacks are wanted for this event. 306-691-0386.

## Grandmothers 4 Grandmothers Regina

**Art from the Attic:** The totals are in, and over \$25,000 was raised at the Art from the Attic sale! This success was due to the generosity of our members and many others in our community who donated art to our G4G Regina group. Those attending the sale saw the community centre literally buzzing with happy customers chatting and admiring their new found treasures. The art will once again be loved and admired in its new home. And we're going to do it again in September 2015!

**Scrabble for Africa:** G4G Regina's 6<sup>th</sup> annual Scrabble for Africa event will be held on **Sunday, November 2<sup>nd</sup>**. Participants collect pledges in advance, and then come to play a friendly game of Scrabble. There will be prizes for top individual and team fundraisers, top Scrabble table scores, as well as draws and fun challenges.



**Community Activities:** We'll be set up at the Women's History Month event on October 14<sup>th</sup> with information and merchandise. A few weeks later, we'll have our booth at Wintergreen Fine Craft Market. If you're in Regina between November 14 and 16, do drop by and visit us at the Conexus Arts Centre.

**Social Media Workshop:** G4G Regina applied for and received a New Horizons for Seniors grant to hold a social media workshop. Happening on December 5, it's called, "Not As Scary As You Think!" The goals of the workshop are to teach seniors how to safely use social media to keep in touch with friends and family, to follow and learn about current events both in the community and Internationally through Facebook and Twitter, and to provide an opportunity for organizations that serve seniors to share ideas and learn more about Social Media to advance their causes.

## Grandmothers 4 Grandmothers Saskatoon

**Fabric Sale:** G4G Saskatoon is holding its third annual event on **October 18<sup>th</sup>**, at St Martin's United Church (2617 Clarence Avenue S, Saskatoon), from 9:00 am to 2:00 pm. We appreciate receiving donations of unused fabric 0.5m or more, quilting fabric, thread, embellishments, sewing notions... yarn, knitting needles... no patterns please (unless new or for a specialty like crafts, home décor...) People can drop off their donations at St Martin's on Thursday, October 16<sup>th</sup> from 9:00 am to 9:00 pm. For questions or to arrange for donations, call Wilma Roosdahl 306-382-2356 / Susan Ashton 306-373-3210 / Jenny Neal 306-343-9448.



**Annual African Dinner Save the Date:** We are planning for our 10<sup>th</sup> annual dinner on **March 6<sup>th</sup>, 2015**, and envision it is a celebration of the wonderful outcomes that have been achieved by Grandmothers in Africa and locally through our collective efforts.

*"The foundation approaches donations differently. We prefer not to pick one item over another but rather to take a more holistic approach. Yes, \$20 can buy a pair of shoes and paper and pens for school, but if a child doesn't have grief counselling to repair a fractured life from the loss of parents, or food to eat, or safety from sexual predation on the way to school, or kerosene to do homework ... that one item just isn't enough."*

*~ Ilana Landsberg-Lewis*

## Grands 'n' More Winnipeg

**Tribunal Film:** Grands 'n' More Winnipeg, in partnership with the Manitoba Teachers Society, is hosting a showing of the Tribunal film on Thursday, October 16, in the Auditorium, McMaster House, 191 Harcourt St. 6:30 p.m. – Refreshments; 7:00 p.m. – Film Presentation and Discussion. Based on the response from those at the Prairie Gathering in Saskatoon, we anticipate positive responses, good questions, and energy mobilization. We'll have a write-up and picture in the next newsletter.

**Potluck:** Our next Potluck will be on November 17, at Churchill Park United Church, on Beresford at Nassau at 6:00 p.m. Tickets are \$10; bring a dish to share. Our various items will be for sale. The speaker is Shayna Shpeller, who will share her experiences in Kenya on a Free the Children work trip, particularly dealing with water issues. Shayna also participated in our Stride to Turn the Tide Walk this past June.

## Nipawin and District Grandmothers

The Nipawin group is holding their annual Carol Festival on Monday, December 1, 2014. This event has been held on World AIDS Day for eight years. Community musicians play voluntarily, and a free will offering usually raises around \$2,000. For more information, please contact [mccomr@sasktel.net](mailto:mccomr@sasktel.net).

***Please let us know of any events your group is holding, or has held recently, and we'll post it here.***

*Disclaimer: we try to get the information accurate – but please be sure to check with the local group before you venture out to an event in case there are any errors or changes.*

## NEWS FROM THE STEPHEN LEWIS FOUNDATION

### Speakers' Bureau



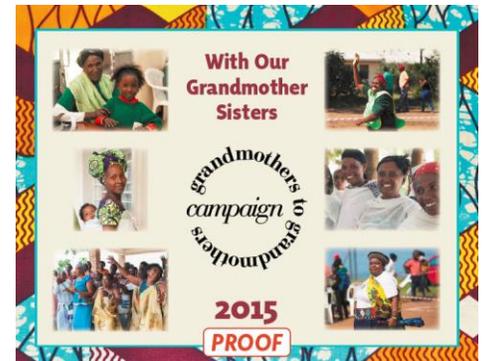
**Spread the Word** is a three-part set of materials designed to encourage members of the Grandmothers to Grandmothers Campaign to speak with knowledge about the work to which we are committed. This information reflects development and input from many grandmother speakers across Canada, and can be found at [www.grandmotherscampaign.org/members/speakers-bureau](http://www.grandmotherscampaign.org/members/speakers-bureau).

### Materials in French

Two full-colour documents have gone to print – the SLF flyer, and a postcard with a message from Stephen. Translated into International French, these documents are available for use in French-speaking communities.

## SLF Africa Trip Calendar

Members of the 2014 Africa trip, in collaboration with the SLF, have created a 2015 calendar. These calendars are now available for sale. Please order through your group to keep shipping costs low. Groups can obtain calendars on consignment. It is recommended they be sold for \$20 each (you are welcome to sell at a higher price if that will work in your community.) To place your order, please contact Yasmin at [ymussa@stephenlewisfoundation.org](mailto:ymussa@stephenlewisfoundation.org). When you have sold your calendars, simply submit a cheque payable to the SLF for the total amount you received.



## NEWS FROM OTHER PARTS OF THE COUNTRY



### Car Trunk Sale

This fundraising initiative of the Omas Siskonas of Kitchener-Waterloo, Ontario involved 18 cars with trunks open, plus the Producers and the Muffins. They raised \$1,376.85. The muffin table grossed the most! Check out their website: <http://www.omas-siskonakw.org/trunk-sale-2013.html>.

## SHARING A SUGGESTION FROM YOUR CO-LIAISONS

If your group relies on personal email for group business, please give some thought to creating an email for your individual group – it could be something like this: [yourgroupsname@provider.com](mailto:yourgroupsname@provider.com). Many people and groups use Hotmail or Gmail for their accounts which can work very well for a Grandmothers group. Why do this? One reason is to allow your members, especially those whose information is used in public, to have privacy. And the other reason is to eliminate the need to change email addresses when a leader's term is done. Of eleven groups across the prairies, three have their own organizational email address. If you don't have the resources within your group to set this up, please don't hesitate to contact Deb or Sheila. We'll do what we can to support you.

If you would like more information on any of this material, please do let us know. We are here to support you and your groups with information sharing and connections, so please don't hesitate to reach out to us.

Deb Radi  
Co-liaison, Prairie Region  
Winnipeg, MB  
204-254-1889  
[dradi@mymts.net](mailto:dradi@mymts.net)

Sheila Fahlman  
Co-liaison, Prairie Region  
Regina, SK  
306-781-2946  
[sfahlman@sasktel.net](mailto:sfahlman@sasktel.net)