

## VICTORIA GRANDMOTHERS FOR AFRICA VIRTUAL STRIDE WALK WEEK ONE

### Thank you to all who registered for our Virtual Stride Walk 2020.

The start date of our walk was March 15. On Monday, March 16 a group of us met at the Petting Zoo and walked to Ogden Point and back. We observed social distancing and walked in pairs a meter apart. We got take out coffee and sat outside and enjoyed the beautiful scenery

This year we are virtually zig-zagging our way across Canada. Our starting point of course is Victoria. There are several Grandmother Groups ( Nanaimo, Merville, Courtenay/Comox, Port Alberni, Campbell River ) on the island and Elizabeth Sebesta and Joanne Reid are the BC Islands Regional Liaison Representatives. That also includes Salt Spring Island and Galiano.

Campbell River Grandmother to Grandmothers Group celebrated International Women's day with a social for family and friends. They showed two documentaries and nibbled on popcorn while they watched the shows. In early December they participate in the local Fair Trade market, selling their crafts, Christmas greenery arrangements and baking.

Powel River Sunshine Gogos fundraise by selling their crafts. Some of their other events are Art Chair Auction, Scrabble Tournaments, Film events and Art from the Attic.

In the Vancouver area there are about 22 Grandmother Groups. The Royal City Gogos ( Gogos means grandmother in Zulu) hold an Annual Artisan Craft Sale the first weekend in November. In February they start holding workshops to work on their crafts. They have a variety of items for sale.

Kamloops Can Go Grannies held a Fabric, Yarn, and More Sale in Oct. 2019. A Flower Power Plant Sale is scheduled for May 9 but may have to be cancelled.

The Grandmothers' Campaign has a list of "grandmother hosts" who welcome fellow members to their homes for Beds Without Breakfast. There are about 70 "host grandmothers" across Canada. The price varies and the money is donated to the Stephen Lewis Foundation.

In these uncertain times let's stay positive. Exercise in the fresh air and sunshine, accumulate your kilometers and remember social distancing. When the COVID – 19 is behind us we will all celebrate together. We have virtually walked from Victoria to Campbell River, across the water to Powell River, down to Vancouver and up to Kamloops. Collectively we have a tally of **1322.72 kilometers**. We have almost reached Prince George.

Even though many of us have had to alter what we do for exercise it is still important to stay active. Take care, stay safe and stay healthy.

Sandra Carelius – Chair