



Hello Friends! 2024: May 13-15 Toronto, Ontario
Making a Difference - Embracing Our Grandmother Power!

Program for Livestreamed Sessions

You will receive an email with the Zoom link a few days before *Hello Friends!* begins. The single Zoom link will give you access to each of the sessions. All session times below are given in Eastern Time.

Monday, May 13

Evening: 7:00 p.m. – 8:30 p.m. ET

Keynote Speaker: Sally Armstrong

[Sally Armstrong](#), award-winning author, journalist, and human rights activist will be our keynote speaker for the evening. She was the 2019 Massey Lecturer and is a four-time winner of the Amnesty International Canada Media Award. Sally was the first journalist to bring the story of the women of Afghanistan to the world and is relentless when it comes to exposing the abuse of women whether on an American university campus or a village in a war zone.

Tuesday, May 14

Morning: 11:00 a.m. - 12:00 p.m. ET

Plenary: Celebrating GRAN's History

We will spend some time with early GRAN leaders, celebrating our past and recognizing that the creation and ongoing work of GRAN is truly an inspiring story of grassroots advocacy and grandmother power.

We'll wrap up our morning by awarding the [Order of GRAN](#) to two worthy recipients. The award is given to honour a person (or organization) outside of GRAN who has made an outstanding contribution to our development and advocacy. The Order of GRAN is one small way in which we say a sincere and public "thank you".

Afternoon: 1:00 p.m. – 2:00 p.m. ET

Plenary: Learning about Our Issues

What African Grandmothers are saying about their priorities – In the fall of 2023, African Grandmothers who attended the Stephen Lewis Foundation's International Grandmothers Gathering issued a statement identifying their priorities for improving their lives. We'll share a summary of this international statement.

Review of GRAN's Right to Food Campaign – This past year's campaign engaged many GRANs in learning and action about the global hunger crisis. As we know, this crisis is directly related to poverty and inequality, climate change, conflict, and food system failure. What have we learned? What have we achieved? Who are we working with? Do you have thoughts and questions about how it has gone so far?

Wednesday, May 15

Morning: 11:00 a.m. – 12:00 p.m. ET

Breakout Groups: Big Ideas for the Future

Join fellow GRANs to talk about our unique niche as an advocacy organization of older women with a focus on grassroots action. We want to hear from you. Where do you think we can be most effective? What ideas do you have for future campaigns?

Afternoon: 1:00 p.m. – 3:00 p.m. ET

Guest Speaker – [Ama Deawuo](#), Executive Director of [SeedChange](#) will introduce us to her Ghanian Grandmother (via a short video) and will speak about how older women in sub-Saharan Africa are leading the way on agroecology with their knowledge, experience, and skills. Before joining SeedChange as Executive Director in 2021, Ama spent fifteen years as a leading activist for food sovereignty and food justice, and four years as the Executive Director of Black Creek Community Farm. Thoughts and questions will be welcome as part of the presentation.

Interactive Plenary – We'll start wrapping up our time together by inviting your reflections on our *Hello Friends!* gathering. What are your takeaways? What are your ideas for future campaigns? What gives you hope and revitalizes your activism?

Closing – Thank-yous, farewells, music, and dancing!

Celebrate Our Grandmother Power!



Photo credit: Maureen Murphy