



You flew with me, we've flown, flown here today  
To Namibia -so scenic  
Ever heard of CAA?  
Come stride with me, find out what is CAA

Let's check out what CAA strives to do  
*Catholic AIDS Action* has a plan  
Gives support to everyone  
Partnered with SLF and really grew

Family care, counselling, health care and more  
Help grandmothers provide  
Education, HIV testing and prevention  
Vital supports that our grannies do adore

Now off to Botswana where those grandmothers reside  
We'll just stride, starry-eyed  
Once we get right there, we'll be seeing so clear  
We may hear Grannies cheer 'cause we're together

Why Botswana? Ask if you wanna  
Yes, that's where we started our stride last year  
Stride with African grandmas  
It'll be perfect hiking on those trails, they say  
Come stride with them, let's stride, let's stride  
Pack up, let's stride away!



Every girl counts, you see. Every girl counts.  
SLF helps grans fight the WAR  
*Women Against Rape* is paramount  
Every girl counts, you see. Every girl counts.



The *UN's Population Fund* reports  
Sexual and physical abuse.  
Such abuse is not for sport  
70% of women here

All women live in fear  
If more about it you wish to know  
Take a look at the link below  
Thank heavens for the African grans  
Striding to change the land.

<https://www.voazimbabwe.com/a/botswana-anti-rape-campaigner/5870489.html>

Come stride with us, let's stride, let's stride away  
Learning 'bout all that abuse  
We could use some African booze  
Come stride with me, let's stride, let's stride away

Come stride with us in all kinds of weather  
In South Africa SLF began  
SLF pitched in to help  
*Ekupholeni Mental Health and Trauma Centre*

Politics failed to provide  
Help for those  
With HIV and AIDS  
Once SLF got there  
They found the grans so dear  
You could hear  
Everyone cheer 'cause help was on the way

Grandmothers Against Poverty and AIDS  
GAPA began in 2001-  
Providing more than bandaids  
Their support and advocacy gives them A+ grades  
Come stride with us, come stride, come stride  
Pack up let's stride away



Once we get there where the air is rarefied  
We'll just stride, starry-eyed  
Once we get up there, we'll be gathering so near  
We may hear Grannies cheer 'cause we're together

Count your steps every single day  
Raise funds for SLF - Yea!  
It's perfect for striding virtually, we say  
Come stride with us, let's stride, let's stride  
Support those Grans today