



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