



The Periodical

December 2025



From the President

Advocacy in Action

From the Sewing Specialist

A Distribution in India

Risk Management

Anniversaries

Why DfG Canada Matters

Contacts

From the President

Terry-Lynn Stone

As we come to the close of another remarkable year, I want to extend my heartfelt thanks to every single volunteer who has contributed to Days for Girls Canada in 2025. Your dedication, energy, and compassion have allowed us to reach communities across the globe including right here in Canada; you have helped us continue to make meaningful strides toward menstrual equity. Every stitch sewn, every kit assembled, every meeting attended, and every conversation shared has strengthened this movement. I am deeply grateful for all you do.

I would also like to express my sincere appreciation to our board of directors. Like our Chapter and Team Leaders and Co-Leaders, our board members are volunteers—people who juggle family commitments, community roles, and their own Team responsibilities, yet who also give countless hours to ensure our national organization operates smoothly and continues to grow. Their leadership, insight, and steady commitment behind the scenes have been essential to the success of this past year. Thank you, board members and officers, for your dedication.

From the excitement surrounding the International Rotary Conference earlier this year, to the many inspiring articles about our Chapters and Teams featured in *The Periodical*, we have been thrilled to learn more about the incredible work happening across the country. The creativity, perseverance, and heart shown in these stories reflect the very best of our organization. We look forward to sharing many more of your successes and innovations throughout 2026 and beyond.

As we enter the holiday season, however you celebrate, I wish each of you joy, rest, and moments of peace with the people you cherish. Thank you once again for your extraordinary efforts this year. With your continued support, we look forward to an even bigger and brighter 2026.

Warmest wishes to you all.
Terry-Lynn





Notes from the Sewing Specialist

Sarah Ross

Canada-wide Recertification: By the Numbers

Total number of Chapters/Teams in good standing: 53

No. last certified in 2022 or earlier: 26

No. last certified in 2023: 24

50 of our 53 Chapters and Teams need to be assessed and recertified between now and summer 2026.

All 26 Chapters and Teams that were last certified in 2022 or earlier have been contacted to submit their components for assessment. As of 14th November, eight have been assessed and six have had all components pass with either Gold Standard (GS) or Fit for Purpose (FFP).

Those who are at Fit for Purpose are urged to ensure they strive for Gold Standard. Three more Team kits are on the way to me, just not yet received.

The remaining 15 Chapters and Teams are urged to check their emails and respond as soon as possible. I have heard from some and reminded the rest, but not all have responded.



I will be providing a list of Chapters/Teams that are not responding/complying with the recertification process to the Board at the end of the year.

Things I am seeing that make components FFP rather than GS:

	Gold Standard	Fit For Purpose (FFP)
Shield	Pockets using stain concealing fabric Pockets 5" apart Length 9½"	Pockets using pale fabrics Pockets < 5" apart Length < 9½"
Liner	Size is 8½" square Serging overlapping by 1" Serging overlap on hotspot	Size smaller or larger than 8½" Overlap less than 1" Overlap not on hotspot
Carry Pouch	Mostly Gold Standard but some issues: The first side seam allowance is not fully encased within the second seam. I have been returning these carry pouches to be fixed. One was covered using an inappropriate fabric	
Drawstring Bag	Label placed ¾" from top Drawstring ribbon at 40" U-Turn 1" below the casing	Label placed < 3" from top Drawstring ribbon at 36" U-Turn smaller or larger than 1"
	Note: some Chapters/Teams appear to be unaware that ribbon ends need to be either sealed with a quick pass by a candle flame or turned and sewn. I've been finding ribbon ends that have been allowed to fray, unsealed.	

Now that you know the things that I am finding, Chapters and Teams have an opportunity to help their sewers meet GS and select components appropriately for assessment.

I will begin contacting the Chapters and Teams that were last certified in 2023 in the new year. One has already been completed early and passed the assessment.

Thank you and please contact me with any questions: sewingspecialistca@daysforgirls.org





Let's Talk About Risk Management (Yes... It's More Interesting Than It Sounds!)

Meghan Plooy

At Days for Girls, we're passionate about creating safe, sustainable menstrual health solutions and supporting communities around the world. But behind every successful kit distribution, partnership, or fundraising event, there's something quietly working in the background to keep everything running smoothly: risk management.

Now, before your eyes glaze over—risk management isn't about worrying. It's about being prepared so we can focus on what really matters: impact!

Why It Matters

Anytime we sew, distribute, fundraise, or partner with a new organization, there are lots of moving parts. Things like supply issues, weather, local regulations, or communication mix-ups can happen. Thinking ahead helps us avoid surprises—or at least handle them with confidence.

Good risk management helps us:

- Keep volunteers, partners, and communities safe
- Meet legal and organizational standards and requirements
- Protect the reputation of Days for Girls
- Use donor resources wisely, and
- Keep our projects running even when things change last minute

In other words, it gives us stability, clarity, and peace of mind.

What Risk Management Looks Like for Us

Risk management at DfGCS isn't just an old document saved on Google Drive — it's something we practice every day in small, helpful ways. That includes:


- Using clear safety guidelines for travel and distributions
- Making sure kit components meet gold standard
- Being thoughtful and respectful with photos, stories, and personal information
- Keeping good financial records and communication trails
- Checking in with partners regularly so everyone stays on the same page

It's really about asking, “What could go wrong—and how do we handle it if it does?”

Supporting Our Chapters and Volunteers

Our volunteers do incredible work, and we want all of you to feel supported—not just when things go perfectly (wouldn't that be nice?!) but also when something unexpected happens. We develop simple tools like checklists, clear communication pathways, and easy-to-follow processes. These help make planning smoother and decision-making easier; because when





volunteers feel prepared, they feel confident. And confident volunteers create stronger, safer programs.

What's Coming Next

In 2026, we'll be updating our resources to make risk management even more accessible.

That includes:

- Updated guidance for distributions and partnerships and how to stay safe while travelling
 - Opportunities for chapters to share their experiences and feedback
 - Continued alignment with DfG International's global standards
- Our goal is to make this work feel practical, supportive, and relevant—not overwhelming.

We All Play a Part

Risk management isn't just "*a leadership thing*." Every volunteer contributes to keeping our work safe and strong. Asking questions, following guidelines, and staying informed makes a real difference.

Thank you for everything you do to support girls and women and lift up communities around the world. When we prepare well, we can serve well—and that's what truly makes our impact possible.



Gift of Change: Why Days for Girls Canada Matters

Bonnie Hirschberger

As volunteers across Canada sew, pack, distribute and fundraise for DfG Kits, it's inspiring to see such dedication within the communities. Every Chapter and Team pours heart and energy into raising funds and creating Kits with a common goal of restoring dignity and expanding opportunities for women and girls. Your local efforts and the teams of volunteers are the heart of the Days for Girls movement – thank you!

Behind this incredible work is Days for Girls Canada Society which makes it possible – and stronger. Our national organization lays the groundwork, coordinating teams, supporting governance, and providing essential leadership so Chapters and Teams can thrive.

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TUESDAY

DfGCS also offers reduced pricing, helping each team stretch fundraising dollars further. Additionally, the national organization manages communications, social media, advocacy,





and partnerships with Days for Girls International – all behind-the-scenes work that ensures every team can focus on what they do best: creating Kits and changing lives.

This month, we've launched our **Giving Tuesday – Gift of Change campaign, our most important fundraiser of the year**, with a goal of \$16,000. Your support of DfG Canada directly strengthens every Chapter and Team across the country. Every donation, large or small, helps provide resources, national coordination, and leadership that amplify our collective impact.

Our Chapters and Teams are the hands that make Kits, but Days for Girls Canada Society is the foundation that made that work possible.



This Giving Tuesday, please consider contributing to our collective Gift of Change campaign. Every gift helps sustain our organization, expand resources, and continue empowering girls and women – in Canada and around the world.

Donate here: <https://www.canadahelps.org/en/dn/138495>
Together, we are creating lasting change – one Kit, one girl, one donation at a time.



Advocacy in Action


Marin Chapman

As December arrives, it brings a welcomed pause; a moment to reflect before stepping into the excitement of the new year. For us all with DfG Canada, this is the perfect opportunity to reflect and celebrate the dedication, collaboration, and spirit that has defined 2025.

This year has been filled with inspiring moments of learning, connection, and collective action that act as a reminder of how powerful we are when working together. Team members across the country assembled and distributed kits, supporting communities with compassion and creativity.

Our newsletters have showcased incredible examples of advocacy in action, including building partnerships with schools to combine education and sewing, illuminating landmarks for Menstrual Health Day, and bringing menstrual health learning to new spaces such as correctional centres. Across Canada, Chapters and Teams joined for the Advocacy





and Distribution Town Hall, built partnerships with Rotary Clubs, and showed how everyday actions, big and small, can drive meaningful change.

As we look ahead into 2026, let us carry forward the passion and energy that make this organization so powerful. Every sew day, education session, and act of mentorship contributes to the larger story of empowerment and dignity.

I thank every team member and volunteer for your generosity and enthusiasm. As we celebrate this year gone by, let us also look forward with excitement to building upon this work and continuing to share wonderful experiences together.

Here's to reflection, celebration, and a bright, impactful year ahead!



A Distribution in India

Eight intrepid travellers went on the third Canadian group distribution, this time to India.

The group spent 18 days in the northern part of the country, landing in Delhi and visiting Agra, Varanasi, Jaipur, Udaipur, Rohet and Jodhpur. Although the trip's main goal was distributions, there was quite a bit of sight-seeing included at each location and interesting activities such as cooking lessons, Rajasthani dancing, henna painting, and riding in a variety of contraptions, including tuk-tuks and the Indian version of rickshaws. Here are some thoughts from the eight participants.



In front of one our hotels, a former maharajah's palace



Participants with driver, helper and guide





Louise: As with both previous experiences, this trip elicited a lot of different emotions, both from us and from the people we met and interacted with. We were humbled, amazed, awed and touched.

The girls were delighted and excited, whereas some of the adults were guarded or not really wanting us to discuss the topic. At one school, it took half an hour for our guide to convince an older gentleman to let us proceed. He finally relented but he did not allow the men in our group to address the boys about menstruation or anything else.

Menstruation is such a taboo subject in India, a subject of shame, more than in many other countries. Elsewhere, girls leave the school with the kits on their backs, but in India, they hid them in their backpacks when leaving class. This tells me that our presence there is very important.




School girls



Class and teachers

India is an assault on the senses but mostly on our hearing; vehicles are required to honk every time they pass and passing is a constant. Cows are everywhere, including the middle of the highway and drivers just go around them, often at 80 km an hour! The colours, too, are amazing. Most women wear beautiful, colourful saris or kurtas, a long tunic over pants.





Gérard: I have visited India several times, first on a more than two-year spiritual and yoga journey in the seventies, and later for business, when working for IBM and Tata Consultancy Services. But this trip was a totally new, different, enlightening and a rewarding experience.

Our *Men Who Know* education sessions to boys are a great complement to the girls' and women's sessions and kits distributions and should be systematically done in parallel. We insisted on simple and powerful messages such as "Stronger Together" and "No Means No - Nahin Matalab Nahin."

Judie: India - land of color, excitement, heritage sites, and the kindest, most appreciative, generous people as was evidenced by the endless cups of tea, marigold garlands, scarves, cards, gifts and endless photos and selfies extended to us.

Eight people - six women and two men set out on Oct 29 with 17 duffle bags filled with 960 plus kits. 21 days, 10 kit distributions, 4 "Men Who Know" sessions, many sites to see, fantastic food (although a bit spicy for some). It was an unforgettable, heartwarming adventure, bringing kits to women and girls who needed and appreciated them.



Men Who Know



Kits delivered by tuk tuk

Isabelle: What an amazing and humbling experience. A cultural shock that makes us realize how blessed we are to be living in North America.

All the girls and women were beautiful, and the students so respectful.

On several occasions I had happy tears when a girl would come up to me and say "Ma'am, thank you, we really needed this." This puts in perspective the weeks and months of volunteering for Days for Girls and how it is well worth every stitch of our time.



Ruth: India is an amazing country to tour, with so much history. A great trip, excellent driver and helper, plus a superb tour guide and a great group of people to work with. A challenge to cross the street dodging rickshaws, tuk-tuks, motorbikes, cars, trucks, tractors, buses, everyone looking out for themselves. It was nice to see all the smiling faces of the girls and their teachers when they received the kits.

Lois: My experience of India is one of dichotomy: on one hand there is the lure of the exotic, and on the other, the dreadful pollution, garbage and chaotic traffic. However, in amongst all that is a memorable experience of vast history, monuments and temples beyond belief.

For me, the most memorable are not these nor the experiences made possible by a truly dedicated and knowledgeable tour guide – but the people. The rare gem moments not photographed but those that stay deeply seated in my heart. The group of children who stare intently at our unusualness until a smile and a wave breaks their curiosity. Being continuously and enthusiastically met by big smiles, waves and perfectly spoken Hello, Hello, Hello!

The fully draped Muslim woman at the Qutab Minor (UNESCO World Heritage Site) who wanted her picture taken with me. She removed her face covering to reveal a full faced smiling woman of my age. We held hands as her daughter photographed us. A connection of two very different women of very different worlds sharing an intimate moment as all barriers fell away.

While staying at the Bijay Niwas Palace, Rajasthan, we were treated to a bullock cart ride on luxurious blankets and cushions. The ride was unique and interesting but even more intriguing to me was the woman driving the cart. She wanted us to see her home. This woman with deep connection to her home, the earth they lived on and their five cattle. They all lived in what we would call a meager home of an open barn and lean-to with cattle on a dirt floor and open pit cooking. Her serenity was palpable and touched me deeply.




Bullock cart ride



Bullock cart driver's home and family





John: This was my first visit to India – a remarkably intense experience! From the barrage of noise and human activity to the spectacular buildings displaying the outstanding, finely detailed craftsmanship of the artists and stonemasons, this trip provided a monumental array of sounds, sights and experiences.

I will treasure a number of memories: the delight on the faces of girls receiving the DfG kits and of school students meeting light-skinned foreigners in the street; the frenetic movements of traffic, emphasising time after time the skill of our bus driver - and the great pleasure of spending time and travelling with such a group of extremely capable and kind-hearted people.



Such a warm reception



Happy recipients

Liz: I am still trying to assimilate this total experience!

I saw state of the art buildings, airports and stores to shop in, then a few moments later, people cutting grain in tiny fields with a sickle, and another tiny field being plowed with an ox.

I saw women making cow dung patties with their hands, then putting them out to dry. I saw cows being milked by hand just steps from the kitchen in one small yard where the family lives with its animals.

And the women are working in their brightly coloured, blingy saris.

I saw a fierce pride in their country, and delight in their cuisine. I learned that spicy is in the palate of the traveller.

I discovered that white hair and skin can make a person feel like a rock star while being asked to pose for selfies!

I saw the young boys and men listening to the *Men Who Know* presentation, hanging on to

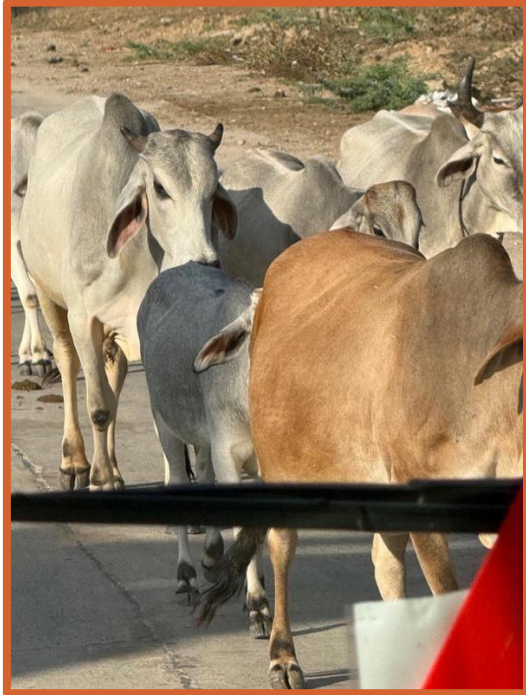




the presenters' every word. I would love to see if our visits to the schools led to conversations between the boys and the girls.

I watched our amazing drivers dodging cattle, dogs, sheep, goats, tuk tuks, motorcycles, pedestrians etc. But I did not see one accident or a dead animal anywhere.

My brain is still addled! An incredible journey!



Cows on the road



Recognition of Days for Girls



Congratulations!

We have two teams celebrating their anniversaries in December:

Guelph ON - 10 years
Lafleche SK - 7 years

Thank you for the lives you've changed in Canada and around the world.





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