



# The Periodical

March 2026

From the President

Town Hall

Gathering in Winnipeg

Mississauga – 10 years on

From the Sewing Specialist

Anniversaries

The Year of the Volunteer

Contacts

## From the President

Terry-Lynn Stone

Dear Friends,

This year, 2026, has been declared the International Year of the Volunteer—a fitting and meaningful designation for all of us involved with Days for Girls Canada Society. As a 100% volunteer-driven organization, we quite literally could not exist without the dedication, compassion, and commitment of people who freely give their time, talents, and hearts to advance menstrual equity.

Every kit sewn, every education session delivered, every shipment packed, every newsletter article written, every meeting convened—none of it happens by accident. It happens because someone says “yes.” Yes, to cutting fabric. Yes, to serging liners. Yes, to washing, ironing, folding, cutting, counting, advocating, organizing, and leading. Volunteers are the engine, the hands, and the heart of our work.



I see this so clearly in my own team in Kamloops. We gather every two weeks for our sewing bees, and there is something deeply moving about watching our steady circle of volunteers arrive with smiles, stories, and a shared purpose. Some take “homework” home—cutting, snapping, turning, and stitching between other commitments.

Others sew entirely from their own homes, quietly and faithfully contributing pieces that will become part of a completed kit.

Our Kamloops volunteers span generations. We have wonderful young ladies still in school who are learning not only sewing skills but also what it means to serve. Alongside them are very senior citizens—ladies and gentlemen whose experience, wisdom,





and humour enrich every gathering. Again and again, they tell me grateful they are to be part of something so meaningful. They speak of how good it feels to contribute to work that truly matters. In giving their time, they often express that they themselves feel valued—that they matter.

how



And they do.

To every volunteer across our Chapters and Teams: please know how deeply appreciated you are. The hours you give represent compassion in action. The care you sew into each kit translates into dignity, education, and opportunity for women and girls around the world. Your generosity ripples far beyond what any of us can fully see.

I encourage you also to read the Advocacy article in this issue highlighting the International Year of the Volunteer and how we can collectively honour and amplify the role of volunteers in advancing menstrual equity.

In this special year—and always—thank you. You are the foundation of our impact, our community, and our effectiveness. And we are profoundly grateful.



## When two or more are gathered, the results are incredible!

Janet Menec and Bonnie Olfert (Co-Leaders, Days for Girls Winnipeg)


The Winnipeg Chapter volunteers are proud to be celebrating our 12<sup>th</sup> anniversary this month.

What began as a small idea in March 2014 after I retired from a career in textile science and adult education, has grown into an amazing local organization of skilled and dedicated people wanting to make a difference in the lives of women anywhere in the world.

Since late 2023, I have been pleased to share the leadership role with Bonnie Olfert who began her DfG volunteering as a solo sewist before joining the Winnipeg Chapter.

Our Team started with about six volunteers; 12 years later, we have 100+ names on our contact list. There is a core of approximately 50 people who regularly volunteer either working from home or attending the community sew days where we welcome both sewists and helpers.





Our first distribution in 2014 was 45 kits and that was such a proud accomplishment for our little group.

It didn't take long for word about Days for Girls to spread, and we quickly outgrew our space; such that we now enjoy a spacious sewing space for our community sewing events. These community events, in addition to volunteers working from home, have meant that we have been able to make and distribute over 6750 Regular and Extra large (formerly heavy flow) kits around the world and in Canada. That's a staggering amount of flannelette for 54,000+ liners!

Certainly, one of the highlights for the Winnipeg Chapter was hosting the National Days for Girls conference in 2023. Set at the Canadian Museum for Human Rights, the conference welcomed delegates from across the country, and we learned so much as we forged new friendships.



We look forward to the next 12 years and the further contributions our Chapter can make toward the success of the Days for Girls initiative.

We asked some of our long-time volunteers to reflect on volunteering with DfG Winnipeg:

- I've been blessed to volunteer with Days for Girls for over a decade now. It continues to be heartwarming and inspiring for me to see what an almost immediate, positive, impact these menstrual kits are making in the lives of girls and women all over the world.
- I volunteer with DfG because
  - I enjoy sewing and putting my skills towards a good cause
  - I want to make new friends
  - As a mother of a daughter, the value of education and the supplies needed to pursue studies is not to be taken for granted.
  - Doing volunteer work for a cause that speaks to me is what I like to do.

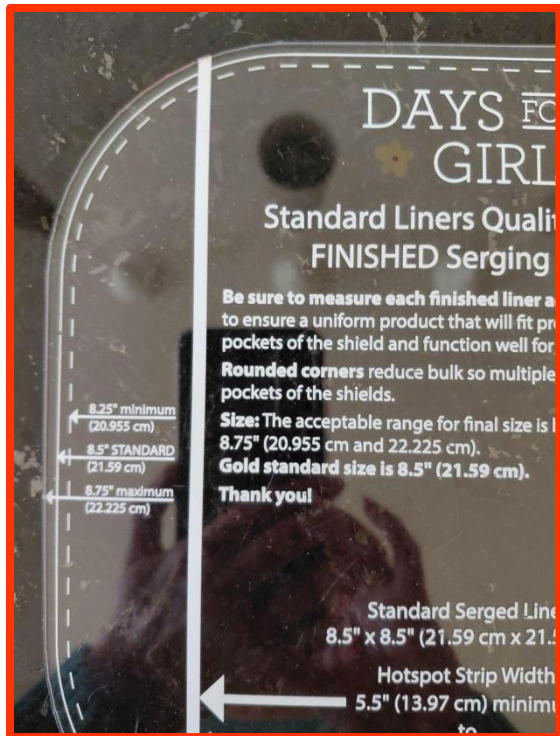


## Notes from the Sewing Specialist

Sarah Ross

This month I am going to focus on the liner template, which is available from the Resource Centre.

During the recertification process, I've received many liners that are slightly larger than the Gold Standard size of 8.5 x 8.5 inches, and I am wondering if Chapters and Teams have been using the template believing it is the Gold Standard Size.



The acrylic liner template from the Resource Centre is 8.75 x 8.75 inches. You will note that around the edge there are two inner lines. The solid line is the 8.5 x 8.5 inch Gold Standard size, and the dashed line is the 8.25 x 8.25 inch which is the minimum size for Gold Standard certification.

If you use the template to cut out your liners before serging, it is anticipated that the serger will cut off 1/8th inch all around so that no loops are created around the outer edges of the finished liner. We have found that if you cut your liner to the exact size first, it is difficult to serge around without cutting off fabric or creating loops of thread sticking out from the fabric (which reduces the width of the stitching).

While I am talking about liners, I see far too many where the serging starts and ends on the single layer of flannel. Gold Standard recommends that the one-inch overlap should be somewhere on the hotspot (the double layer of flannel).

I hope this helps. If you have any questions or concerns, please do not hesitate to email me at [sewingspecialistca@daysforgirls.org](mailto:sewingspecialistca@daysforgirls.org) (please note the 'ca' in the email address - the international sewing specialists are receiving a lot of questions from Canadian teams that should have been directed to me).





## Celebrating the Year of the Volunteer

Marin Chapman

In 2026, the United Nations is recognizing the Year of the Volunteer, a global celebration of the millions of people who give their time, skills, and hearts to collectively strengthen our communities.

This year is an opportunity to not only honour volunteer contributions, but to also reflect on why we serve in the first place. For the Days for Girls Advocacy Panel, the answer comes down to one powerful word: mattering.



Within Days for Girls, volunteerism extends beyond the hours of work completed or number of kits distributed; it is about connection. It is about standing with others and saying through our actions, “You are seen. You are valued. You belong.” In a world where loneliness and disconnection are increasing, creating spaces of belonging is important, both for those we serve and for ourselves.

Brandy, an Advocacy Panel member and Team lead, shared something recently that resonated deeply with me.

She spoke about how mattering and loneliness prevention are important not only to her personally, but to many in the Days for Girls community. At the heart of her message was a simple but profound truth: People matter! Girls matter! Menstrual equity matters!

She shared how her “core belief that one human is never worth more than another human is essentially a backbone of DfG - if you’re a girl born in rural Guatemala, you deserve menstrual health the same as any other girl born anywhere else.”

That belief, of course, is the foundation of Days for Girls. When we advocate, sew, educate, or lead, we affirm that dignity is not conditional and worth is not determined by geography, wealth or circumstance. Every girl deserves health, opportunity, and the chance to thrive.

To continue exploring this theme, we invite you to listen to a podcast conversation on mattering. The discussion highlights how connection strengthens volunteer movements and why feeling valued sustains long-term impact.

In this Year of the Volunteer, may we commit to ensuring that everyone we encounter and every volunteer alongside us knows they matter.

You all matter!





## Join us at our next Town Hall! Advocacy Panel

The Advocacy Panel is offering a warm invitation to everyone to join us on **Monday April 13th, 2026**, for 90 minutes to celebrate each and every one of you as the volunteers who make our organization the success it is.

The United Nations has tagged 2026 as the Year of the Volunteer and we know we have some of the most wonderful volunteers anywhere!

Thus, we are planning an intentional 90-minute Town hall to celebrate what matters: soul satisfying work, fulfilling conversations, and meaningful connections.

We all share the desire to matter. We commit our time to volunteering so those we serve know they matter too. Now is the time to focus on our internal advocacy and celebrate you, the volunteer, because you matter.

Human beings are wired to matter and to belong together in community. On Monday, April 13<sup>th</sup>, we will ask you what matters to you, and what are the highlights of your Days for Girls experience.



We want to take these 90 minutes to create an authentic experience for every Days for Girls Volunteer, and to give you all the opportunity to learn from each other as you work hard to make our mission successful.

We are hearing research which explains that a volunteer’s resilience is dependent upon their relationships and knowing they matter. We want to take this time to remind you, the volunteer, that you matter and we **want to hear from you**.

Please mark your calendars to join us at 4:30pm PT (5:30pm MTN, |7:30pm ET) on Monday April 13th, 2026.

To Register, or if you have any questions, please email Christie at [distributionca@daysforgirls.org](mailto:distributionca@daysforgirls.org).



## Mississauga – 10 years on

Adriane Franklin (Leader, Days for Girls Mississauga ON)

It's hard to believe it's been 10 years supporting Days for Girls in Mississauga. I can't even remember where I first heard about DfG, but I remember meeting with the Brampton leader to discuss the organization, and she encouraged me to start my own team. So, I jumped right in!

Things started quickly with a table at a craft convention, and then, over the next few months, a presentation to a friend's Rotary group (who bought us our AccuCut) and my favourite quilt store owner offering to host a "Learn to Sew DfG" day.



From then on, we had bigger prep events and presentations to various groups; then a school invited us in and gave us the proceeds from their *no uniform day*. And on that day, I talked to more retired men about periods than I ever thought possible.

Our first distribution took place when a friend of mine went to St. Lucia. It was amazing how quickly word spread. The support of family and friends was awesome!



Over the years our group has evolved, and Covid was an opportunity for us to make more changes.

The big group workshops were getting overwhelming as I had younger kids of my own to take care of!

People were used to sewing at home after making hundreds of masks and scrub caps during Covid and wanted to keep on working at home for DfG.

We now meet a few times a year socially and discuss our goals for the number of kits we think we can make.



We do pickups and drop offs at each other's houses. We are not a particularly big team, but when we get together, we always have a good time, and I also have many one-on-ones with my sewers when we exchange materials.



Last year I had the opportunity to do a distribution in Honduras, and it was fascinating to see the journey of a kit from fabric to recipient and to share it with my team.

Distribution stories and others keep us going even through team members' spousal deaths, surgeries, new babies, new jobs and overall busy lives.

I'm always inspired by how hard my team works and how dedicated they are.



## Congratulations!

March has six Chapters and Teams celebrating anniversaries this month. Thank you all for your service!

- Winnipeg MB Chapter – 12 years
- Barrie ON Team – 10 years
- Mississauga ON Team – 10 years
- Brockville ON Team – 9 years
- Smithers BC Team – 9 years
- West Island QC Team – 1 year



## DfG By the Numbers

3.5 Million DfG Kits have been distributed in 150 countries and territories, with 366,205 Kits given to refugees and internally displaced peoples. Our 487 Chapters, Teams, and Clubs sent out 174,287 Kits in 2023, 153,468 Kits in 2024, and 44,798 Kits so far in 2025.

There are currently 83 Enterprises in 28 countries.





## DfG Canada Contact Info

### Board of Directors

Chair	Terry-Lynn Stone	chairca@daysforgirls.org
President	Terry-Lynn Stone	presidentca@daysforgirls.org
Secretary	Carmen Routhier	secretaryca@daysforgirls.org
Treasurer	Mary Johnston	treasurerca@daysforgirls.org
Canada Coordinator	Adriane Franklin	canada@daysforgirls.org
Board Member	Lois North	directorca1@daysforgirls.org
Board Member	Meghan Plooy	directorca2@daysforgirls.org

### Officers of the Board

Advocacy	Marin Chapman	advocacyca@daysforgirls.org
Communications	Victoria Caldwell & Julia Howcroft	communicationsca@daysforgirls.org
Distribution	Christie Lewis	distributionca@daysforgirls.org
Resources / Supplies	Louise Colonnier	resourcesca@daysforgirls.org
Sewing Specialist	Sarah Ross	sewingspecialistca@daysforgirls.org

