



The Periodical

April 2026



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From the President

Terry-Lynn Stone

Year of the Volunteer – The Stories Keep Coming!

As we continue our celebration of the Year of the Volunteer, I find myself more inspired with each passing month. Volunteering is, of course, at the very heart of who we are – but hearing the stories that flow in from across our teams reminds me just how extraordinary the people in this organization truly are.

Recently, I received a warm and generous letter from Debbie Gillies of the Kitchener team, and I must say, it made my day. Debbie wrote to share how much last month's article resonated with her – and with many of her colleagues. She spoke with great pride and affection about the volunteers she works alongside, describing their tireless dedication and the quiet, consistent effort they bring to everything they do. Debbie, thank you so much for taking the time to write. It means more than you know, and your kind words are a beautiful reminder of why we do this work.

This month, I also want to shine a spotlight on another remarkable volunteer: Barb Birt, a leader from our North Vancouver Chapter. When Barb learned about the inspiring project the Semiahmoo Rotary Club is undertaking in Honduras, she immediately wanted to help. The challenge? North Vancouver simply didn't have enough kits on hand to meet Semiahmoo's needs on their own. But Barb didn't stop there. She picked up the phone and started calling around to other teams – coordinating, encouraging, and rallying support. The result? Together, they assembled almost 500 kits destined for Honduras. Five hundred. That is the power of one determined volunteer who refuses to take "we can't do it alone" as the final answer. Barb, you are an inspiration to us all.

These stories remind me that volunteering isn't just something we do – it's who we are.

And I know there are so many more stories out there. If you have a volunteer story you'd like to share, please reach out to me directly. I'll be actively looking for those stories for the remainder of the Year of the Volunteer – and I cannot wait to hear from you!





Join Us in Edmonton for the 2026 Canadian Conference!

Louise Colonnier, Edmonton Team Leader

If you attended any of our recent national conferences — in Kamloops, Winnipeg, or Toronto — you already know what a wonderful experience it is to connect with Chapter and Team leaders and other volunteers from across the country. And if you haven't yet had the chance to attend, the 2026 Canadian Conference in Edmonton is going to be a real treat you won't want to miss!



This year's conference will be held **Friday, September 18th through Sunday, September 20th** at the **Holiday Inn Hotel and Conference Centre in Edmonton**. It's a fantastic opportunity not only to meet fellow leaders and volunteers, but also to connect with our Board of Directors and ask the questions that matter most to you.

Our Edmonton team has worked hard to keep costs in line with the 2024 Toronto conference. **Full conference registration is just \$295**, and if you can only join us for one day, a **Saturday-only registration — including dinner and our keynote speaker — is just \$195**. Registration is now open at [the Canadian Conference 2026 page](#), where you'll also find a link to book your hotel room.

If the cost of accommodation gives you pause, consider sharing a room with a fellow attendee — or reach out to us, as we may be able to arrange a billet in some cases.

Speaking of Saturday evening, we have a truly exciting keynote speaker: a professor of Women's Studies at Augustana University. I'll leave her topic as a surprise — you'll just have to come to find out what she is talking about!

A draft agenda is included at the end of the newsletter, but there's always room to add more topics. If there's something you'd love to learn about, please let me know as soon as possible and we'll do our best to accommodate it. We're also hoping to have Days for Girls International staff join us — in person if possible, or via Zoom — to share what DfG is doing on the world stage.

Expect great conversations, camaraderie, door prizes, goodie bags, and so much more. We hope to see you in Edmonton!

Feel free to contact me at edmonton@daysforgirls.org.



Moose Jaw Team

Barb Morrison

Greetings from the home of Mac the Moose, the Canadian Forces Snowbirds, and one of the newest Days for Girls teams in Canada.

We are so pleased to play a small part in working to improve the lives of women and girls around the world.



I first heard about Days for Girls when I began following the Moose Jaw International Medical Mission. They have distributed between 300 and 400 kits on each of their recent missions to Guatemala.

My initial response was, “Why have I never thought of this issue before?” It inspired me to do some research. When I read Celeste’s story, I was hooked.

I took some time in deciding to start a team. I reached out to two nearby teams. I spoke with Christine from Lafleche and spent a day with Brenda and the Saskatoon South Team. Both were very welcoming and helpful. Brenda encouraged me to start small, and that’s what I did.

I applied to DfG in the fall of 2024. In January 2025, a group of friends gathered in my home for our first sewing day. We now meet monthly from September to April. Our contact list includes 14 interested sewists with an average sewing day attendance of 6. Several Team members have also volunteered to prep or sew at home.



We were very excited to pack our first 50 kits last December. Those kits are on their way to World Vision.

When launching the team, I anticipated two challenges: funding supplies on an on-going basis and finding a low-cost gathering space. So far, solutions have fallen into place.

We continue to receive generous donations of funds, fabric and equipment from Team members and friends. A local charity’s annual fabric sale is a great source of inexpensive fabric.



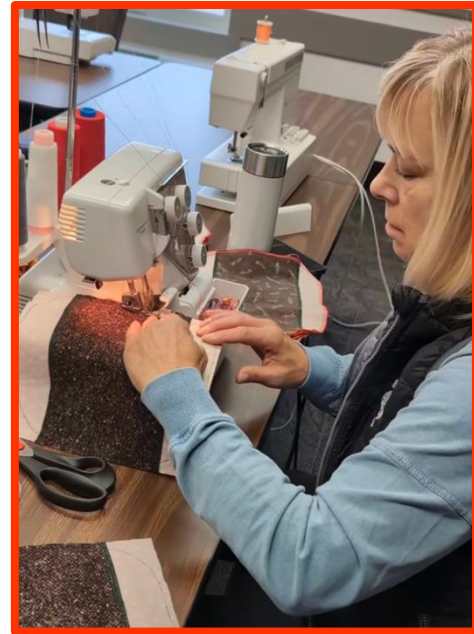
Barbara Holzer, Susan Heck



Maureen Merrifield, Sandra Poulton



Sandra Poulton, Maureen Merrifield, Lora Burghardt,
Barb Morrison, Judy Guenter, Susan Heck



Lora Burghardt

We are grateful for the support of our Comfort Inn and its general manager, Hanelie, for sponsoring our Team with a meeting room for sewing days.

We look forward to our team growing as well as our kit production!



Making a Difference

Lois North

In light of the recent turbulence in Mexico, a news article highlighted the past unsuccessful policies and attitudes toward controlling the drug cartel in Mexico: Mexican President Claudia Sheinbaum Pardo recently announced “Plan Mexico” which will target youth by enhancing education, providing education grants, and helping with youth unemployment - the plan to ultimately keep youth from being swayed to join gangs. She targeted some of the root causes of youth criminality as: poverty, inequality, and corruption.

On a Honduras distribution trip several years ago, I had the opportunity to meet and talk with several single mothers of teenagers - one had a teenage boy. She and the boy lived in a poor neighbourhood; gang members moved into the house next door. She lived in fear that her son would be influenced and attracted to the gang lifestyle, so she spent much of her time at home with the boy teaching her son about the reality of gang life, encouraging him to be polite to them but to keep his distance. She also taught him to respect the women in his life and not to be a bully. It was not easy for her, and she was terrified for her son—always keeping the lines of communication open.

When a Days for Girls Distribution happens in villages in e.g. Mexico or Honduras, the teachings about AWH and MWK, menstrual equity, and the menstrual solutions of Days for Girls Kits have a knock-on effect with far reaching benefits to empower mothers and fathers to successfully guide their children toward education and learning to respect others, not be bullies and not submit to bullying—and hopefully, by extension, also avoiding gang involvement.



**Boys attentively learn about
Men Who Know**

What better way to impact the life of a young person than to help their family by providing sustainable menstrual solutions, health information and reproductive education?

Keep up the good work!





Days for Girls: Keeping the Momentum Going!

Fundraising Committee

There is something truly special happening in our Days for Girls family. Right now, in living rooms, church halls, and community spaces across the country, dedicated Days for Girls volunteers are cutting fabric, sewing or serging, and assembling beautiful, life-changing kits for girls and women around the world. Our Chapters and Teams are filled with warm-hearted people who show up week after week — and we are so grateful for every single one of them!

One thing our teams take enormous pride in is maintaining the Days for Girls Gold Standard. These carefully crafted kits must meet exact specifications — from the quality of the materials to the precision of the stitching — because the girls receiving them deserve nothing less than the very best. Our volunteers embrace this standard wholeheartedly, and it shows in every kit they produce.

But here's the thing — keeping those sewing machines humming takes more than dedication. It takes funds. Fabric, PUL, thread, panties, and packaging supplies all cost money, and our teams work hard to keep their supply lines stocked. Beyond the kits themselves, DfG Canada as a national organization also needs ongoing financial support to coordinate programs, provide resources to teams, and expand our reach.

So how do we keep the energy — and the funds — flowing? Here are some ideas that teams across Canada have found effective:

Craft sales and quilt raffles — showcase the talent in your group while raising dollars!

Bake sales and community dinners — everyone loves a good meal for a great cause.

Online fundraising campaigns — share your team's story on social media and watch the community rally behind you.

Workplace giving and local business sponsorships — many businesses love partnering with organizations doing meaningful work.

Presentations -- to women's groups such as the Canadian Federation of University Women Chapter in your area or to church groups.

Direct donation asks — sometimes a heartfelt, personal ask is the most powerful tool of all.

One important update for this year: Canada Helps will not be running their Make it Monthly campaign in March as they have in past years. While that familiar fundraising boost won't be available, it simply means we need to be even more creative and proactive in finding our own ways to bring in donations. The need hasn't changed — only the channel has!

Whether you're sewing kits, organizing events, or spreading the word to friends and family, you are part of something extraordinary. Let's keep our wonderful volunteers energized, our supply cupboards stocked, and our impact growing. Together, we can ensure that every girl everywhere has the dignity she deserves.





Effective Communications — Part one

Victoria Caldwell

Strong communication is the foundation for keeping our communities connected, informed, and inspired. Social media is one of the most effective tools for creating an online presence and helping amplify your Chapter or Team's impact. With just a few simple steps, your team can share updates, celebrate volunteers, and invite others to join the conversation.

The best places to start are [Instagram](#) and [Facebook](#).

To create an Instagram account, download the app on your phone and sign up using your Chapter or Team's email address. Create a secure password that is different from your email password. You will then be asked for your date of birth, however, because Instagram requires users to be at least 13 years old, simply select a date that meets this requirement.

Next, enter your Chapter or Team's name. Many teams use a format such as "*Days for Girls (Team Name)*." When choosing a username, it's helpful to include "*DaysforGirls*" or "*DfG*" along with your location, for ex., "*daysforgirlswindsor*" or "*DfGLondon*". This will help others easily search and recognize your team.

Once your account is created you can personalize your page by adding a profile picture and a bio. Your Chapter or Team's designated logo is typically the best choice for the profile image. From there, you can begin sharing posts and connecting with other Chapters, Teams, and organizations - near and far.

Creating a Facebook page is also simple. More information to come next month!

For leaders, managing social media accounts doesn't have to be complicated. A few simple habits can make a big difference! Consider inviting others to help monitor the accounts or assign one to two trusted members as page administrators.

The most important thing to remember is that consistency is key. Posting once or twice a month is enough to be welcoming. Positive stories, volunteer highlights, event photos, and informational updates are all great content. Be sure to refer to the *Days for Girls International Brand Guide* for guidelines.

Finally, if it ever feels overwhelming, remember to pause. Social media is all about connection, not competition. Celebrate your Chapter or Team's successes, thank volunteers, invite others to get involved, and remind everyone why Days for Girls matters.





Town Hall

Advocacy Team

The advocacy Panel is planning a Town Hall in the next couple of months! If you haven't ever attended one before, now is your chance to find out what you have missed

What fun it is to see the smiling faces of Chapter and Team leaders from coast to coast and replace their email addresses with an image. Town Hall is all about coming together to share our thoughts and varied experiences in a meaningful way. We want to hear your voices! What you have to say is valuable for everyone!

As you know, 2026 is the year of the volunteer, which is very fitting as this Town Hall will be all about DfG Canada Volunteers ... all of us!

We'll be connecting through informal conversations about the things we deal with daily as DfG Volunteers, both the challenging and the rewarding. Some of the topics we intend to consider are team culture, leadership, collaborating, belonging, engaging and community.

This is your opportunity to hear each other's voices as we chat together about working with our Chapters and Teams.

You have also heard about "Mattering" and this Town Hall embraces that idea as well.

As Chapters and Teams, we plan, we laugh, we learn, we emote, and we leave with a sense of belonging. We matter!

Stay Tuned--we will be announcing the date soon!



SAVE THE DATE!

Monday May 11th, 2026, will be the Days for Girls Canada Annual General Meeting.

We will be sending out a formal notice of meeting 28 days beforehand.
We hope to see you all there.





Congratulations!

The Grande Prairie AB Chapter is the only April anniversary, and they've been at this for nine years. Thank you for all your hard work!



2026 Draft DfG Canada National Conference Schedule

Friday September 18, 2026

5:30 – 7:00 pm Meet and greet reception at the hotel and early check-in

Dinner on your own

Suggestions - There are two restaurants in the hotel (Ricky's all-day grill and Monsoon Indian restaurant) and Vaticano Cucina is an upscale Italian restaurant across the street.

Saturday September 19, 2026

8:00 – 9:00 am	Greet and Eat! Check-in and BREAKFAST
9:00 – 9:30 am	Official welcome by Terry-Lynn Stone & quick introductions of board and officers
9:30 – 10:30 am	The Big Picture from an international perspective (Tiffany)
10:30 – 11:00 am	BREAK and Group Picture—wear your DfG t-shirt
11:00 – 12:00 pm	Involving Rotary in your team's life - Lois North
12:00 – 1:00 pm	LUNCH
1:00 – 2:00 pm	Sewing specialist - Sarah Ross
2:00 – 3:00 pm	Advocacy Activity
3:00 – 3:15 pm	BREAK
3:15 – 4:15 pm	The Big Picture from a Canadian perspective - Adriane Franklin
4:15 – 5:00 pm	Washable standards and the ISO - Diana Nelson
6:00 pm	Dinner and guest speaker Roxanne Harde

Sunday September 20, 2026

8:00- 9:00am	Welcome Back! BREAKFAST
9:00 – 10:00 am	Financial update - and discussion - Mary Johnston
9:30 – 10:30 am	Activity TBD
10.30 – 11:00 am	Session on tech - Victoria / Meghan
11:00 – 11:15 am	BREAK
11.15 – 12:00 pm	Session on enterprises



12:00 - 1:00 pm	LUNCH
1:00 - 2:30	Stories from the field; voices of impact (Katy)
2.30- 2.45 pm	BREAK
2:45 - 3:30 pm	Wind down & evaluations

Also, there's a door prize table and goody bags and an opportunity to buy supplies from the resource centre.



DfG Canada Contact Info

Board of Directors

Chair	Terry-Lynn Stone	chairca@daysforgirls.org
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Board Member	Meghan Plooy	directorca2@daysforgirls.org

Officers of the Board

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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





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.

