DAYS FOR GIRLS CANADA

The Periodical

May 2026

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From the President

Terry-Lynn Stone

As I write this, my suitcase is almost packed, and I am counting the days and sincerely hoping I'll get everything done before I board a plane to Belize. By the time you read these words, I will be home again — tired, grateful, and no doubt full of stories to share.

This trip is a beautiful partnership between Rotary and Days for Girls, and I am honoured to be part of it. Our team will be distributing 250 Days for Girls kits to communities north of Belize City and south of Punta Gorda — kits that we know, from experience, can make the difference between a girl staying in school or staying home. That alone would make the journey worthwhile.

But we will also be part of a Rotary team delivering something equally remarkable to schools: RACHEL units. RACHEL stands for Remote Area Community Hotspot for Education and Learning, and the name really does say it all. These portable, solar-powered devices act as a kind of small-scale internet — without requiring any internet connection at all.

Each unit stores offline copies of world-class educational resources including Wikipedia, Khan Academy, TED Talks, and dozens more open-source websites. Students and teachers connect to RACHEL the same way they would any Wi-Fi network, using whatever devices — phones, tablets, or laptops — are already available to them. A single RACHEL can support up to 50 connections at once, bringing quality learning directly into classrooms that may be hours away from any real data connection. Research shows that students with access to these resources score measurably higher and are more likely to stay in school and graduate.

What moves me most is how these two missions align. We are helping girls stay in school by giving them the menstrual health support they need — and at the same time, we are helping make that school worth staying in.

I understand what a privilege it is to be part of this trip.

I am also looking forward to our AGM on May 11th, 2026. This is an important gathering — our chance to reflect on everything Days for Girls Canada accomplished in 2025.

The Notice of Meeting was circulated before I left, and the agenda which was circulated along with the Annual Report just after I got home. I hope to see many of you there.

With gratitude,
Terry-Lynn

Join Us in Edmonton for the 2026 Canadian Conference!

Louise Colonnier, Edmonton Team Leader

Days for Girls Canada's long awaited biannual conference will be held in Edmonton September 18-20, 2026. Registration is now open; here is the link to the registration page on CanadaHelps, where you will also find the agenda.

Of course, the conference itself is certainly worth the trip, but while you are here, why not take the opportunity to see some of the local sights?

September is a lovely month to visit Edmonton and surrounding area. The weather is mild, calm, and perfect for exploration. You can get your 10,000 steps in just checking out the West Edmonton mall or by walking the extensive river valley trails. Or spend a few extra days and travel west to the spectacular Rockies.

Here is a link to get you started on planning your visit.

The Edmonton Chapter looks forward to welcoming you to our corner of the world!

West Edmonton Mall Water Park

Edmonton River Valley Trail

Near Jasper

Our 10th year Anniversary - North Vancouver

Barb Birt

As our North Vancouver DfG Chapter celebrates our 10th Anniversary this month, it is an opportunity for us to reflect on our accomplishments, and on the evolution of all things DfG.

Our Chapter members have made new friendships over the years and together we celebrate being involved in our worthwhile cause.

In 2015 our Girl Guide Trefoil Guild made 100 kits as a service project. We enjoyed the camaraderie in making the kits and decided in 2016 to officially join DfG and up our game! We have grown from the original eight volunteers to a Chapter of at least 30 active members.

For the first seven years, my living and dining room was our workshop space, and we met four times a month. We now have a lovely workshop space with storage at St. David's United Church in West Vancouver and meet twice a month. Several of our members take tasks home to work on between workshops.

2026 - in St. David's United Church: Sonia Milanez, Linda Heese, Angela Hope, Nancy Bennett, Crista Vannierop, Michelle Mason, Bettina Gruver, Annemarie Andresen, Silvie Kline, Kim Hetherington, Barb Calder, Mra Frampton, Barb Birt

Our Chapter has mentored two high school DfG Clubs as well as an Enterprise in Morogoro, Tanzania. The connection with the Tanzanian Enterprise is our most profound and exciting endeavour to date. We became close to the men and women who operated this Enterprise. We shared Zoom calls at midnight our time and 9:00 a.m. in Tanzania. We learned so much from each other.

Our best fundraising endeavour to date was as we emerged from Covid. We challenged all our members to reconnect with their friends by carrying a pod with them and when asked

what kept them busy to say, “I’m glad you asked – here let me show you and perhaps you will sponsor our “one girl one kit” campaign for $20. Respond they did and magically the $20 story often became a $100 donation!

We have the most wonderful, enthusiastic group coming together and our success is thanks to all these amazing women and two men who make up our Chapter.
It has been my sincere pleasure to share my time and energy with these amazing members – Together we really are making a difference.

Now, we are looking forward to our next anniversary.

2016 - in my home: Bettina Gruver, Karen Lerner, Lesley McAllister, Barb Birt, Mary Wright, Jean Meakins, Carol Landy, Nina Gunn

Menstrual Health Day is May 28

Marin Chapman, Advocacy

May is a meaningful time for menstrual health advocacy with Maystruation beginning and Menstrual Health Day taking place on May 28. This season invites us to pause, reflect, take action, and come together as a community to ask: what can we do, right now, to continue this advocacy work?

The answer may look different for everyone! Advocacy takes form through conversation, education, or simply creating space where menstruation can be spoken about openly and without stigma. Each action, no matter how seemingly small or large, contributes to meaningful change.

One powerful way to engage this month is through the Period Positive Workplace (PPW) initiative. At its core, PPW aims to ensure that workplaces are environments where menstrual health is supported, understood, and normalized.

PPW is about access to menstrual products, but is also about dignity, inclusion, and the ability to show up fully without facing barriers. What makes this form of advocacy especially meaningful to me is how accessible it can be. It might begin with a conversation. It might look like sharing resources, asking questions, or encouraging a workplace to consider what support currently exists and what support could be improved. These moments of connection and curiosity create tangible change to reinforce that menstrual health matters and that it is our collective responsibility to uphold.

This May, whatever advocacy may look like for you, know that it matters. If you are looking for a place to start, perhaps it begins with that one conversation.

Advocacy Town Hall – new date!

Mark your calendars! The new date for the Advocacy Town Hall is Monday, June 15th, 2026.

As you no doubt read in the April Periodical, the Town Hall was postponed. When several of our members found themselves suddenly unavailable for the planned date, we decided to advocate for each other by arranging to present at a time when we can all be together. Why? Because we want to give you our best. And because we all matter. Everyone involved in Days for Girls matters.

This Town Hall is about coming together and connecting as volunteers. It is also about "mattering". So, let's all matter and natter together on Monday, June 15th, 2026.
Kindly remember to register by sending Christie an email message at distributionca@daysforgirls.org.

We are looking forward to seeing you all there.

Notes from the Sewing Specialist

Sarah Ross

Something a little different from me this month.

I'm still working through recertification of 50 Canadian Chapters and Teams, and I wish I could report that I'm further along than I am, but there have been a lot of delays. For personal reasons I was hoping to have had most of the assessments done before this summer; because that is when my other work takes over and I have less time to give to Days for Girls.

My Team has wound down for the summer and will not be back and active until September (as I suspect is the case in most rural locations - "farmers gotta farm")!

Like you all, I am a volunteer with Days for Girls, and I love talking to other Days for Girls volunteers about their experiences.

However, one of the least favorite aspects of my job as the Sewing Specialist is critiquing the work of our volunteers and another is constantly having to remind leaders to submit their components. I am as lenient as I possibly can within the limits of our Gold Standard guidelines, and I am working on finding as many constructive comments as I can while also fulfilling my role to recertify every Canadian Chapter and Team whose last certification is over three years old.

Of 50 Chapters and Teams whose certifications expired in 2025 and 2026, so far only 28 have been recertified and four have reported that they no longer sew components.

That means I am waiting for components from 12 Chapters and Teams - some that were first contacted back in September 2025. I think you'll agree that it is a long time to wait!

That leaves six Teams who certified last between May and October 2023; I will be contacting those Teams about a month before their certifications expire.

This means we have 12 active Chapters and Teams that are currently not certified. I feel this is not a good reflection on our Canadian arm of Days for Girls, all of whom I know are committed to the important work we do.

Recertifying every three years is part and parcel of being a Chapter or a Team. We must ensure that our kits are as good - or better - than kits made in any other part of the world, and that we are all up to date on the current standards. I've been surprised how many leaders did not know we are now required to serge around all four sides of the drawstring bag before construction to make it sturdier, and how many do not know they must seal the ends of the drawstring ribbons; these are just two examples of why recertification is so important.

I am planning to host a roundtable discussion at the September Conference to learn what various leaders are doing to help their volunteers work to Gold Standard, and how they motivate their volunteers to improve their quality, etc. My goals are for all of us to take away information and knowledge about how we can work smarter, not harder, to ensure Gold Standard.

If you have any questions or concerns, please do not hesitate to email me at sewingspecialist**ca**@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 with Ennismore

Brenda Mann

With her genuine enthusiasm, gentle prodding and firm support, my sister, Sharon Loewen from Lethbridge AB, inspired and helped us launch our team 11 years ago!

We have continued to meet two afternoons per month ever since, excluding our extended summer breaks!

With a varied group of energetic and dedicated volunteers, from ages four to eighty-five years young, our regular meeting place has been a local church basement.

Work bee at the church everyone doing their part

One volunteer, new to the community, said DfG helped her to keep coming, even on the Sundays her husband was working. She came so she could drop off completed shields and pick up materials to continue sewing during the coming week. Many others have found this

is an activity where they can share their skills and passion amongst the comradery of new friends.

We shake, rattle and roll as our consistent group of 10-17 ladies iron, trace, cut, sew, serge, string ribbons. roll undies and pack kits. One volunteer says being a part of an activity where you can see the full process from turning the raw materials into completed kits and then knowing they go to girls around the world makes it all worthwhile.

A very creative lady in our group has spurred us on in making crafts using our left-over bits and pieces to sell at numerous craft sales each fall.

In 2025 we finished a quilt top (which we had found half-finished on the side of a street as a free giveaway) and held a raffle for it. There is a lot of preparation to set up a raffle account with your local township, but it can be done with the careful support of our Canadian treasurer, Mary.

Not only do the proceeds help fund our expenses but it is a great way to share what DfG is all about. One of our women gave each of her adult grandchildren (who didn't really need anything), a card at Christmas noting that a beautiful, washable kit was donated in their honour. This can also be another great fundraiser.

We are so grateful for the support of individuals plus numerous service and/or faith groups such as Rotary, Catholic Women's League, Knights of Columbus, Baptist Women, Peterborough Senior Ladies Slow Pitch Club and the Buckhorn Quilt Guild for their donations. The quilt group recently blessed us with a generous cheque from their quilt show revenue, and one member donated a beautiful red quilt with a large, pieced heart on it. So now we can gear up for another quilt raffle!

New quilt donated by lady on left - Peggy Pirillo

Over our 11 years we have filled nearly 60 boxes of 50 kits each that have been distributed to South Africa, Kenya, Rwanda, DR Congo, Haiti, and South Sudan and to two outreaches in Peterborough and Toronto.

Since COVID, the majority of our kits have been shared with World Vision and the two shipping containers going to South Sudan.

Our ladies tell us that they keep coming and invite their friends because we have great coffee break snacks while we share news from Days for Girls Canada! We also support each other through our joys and sorrows, and we have the added challenge and satisfaction of making our beautiful Gold Standard kits.

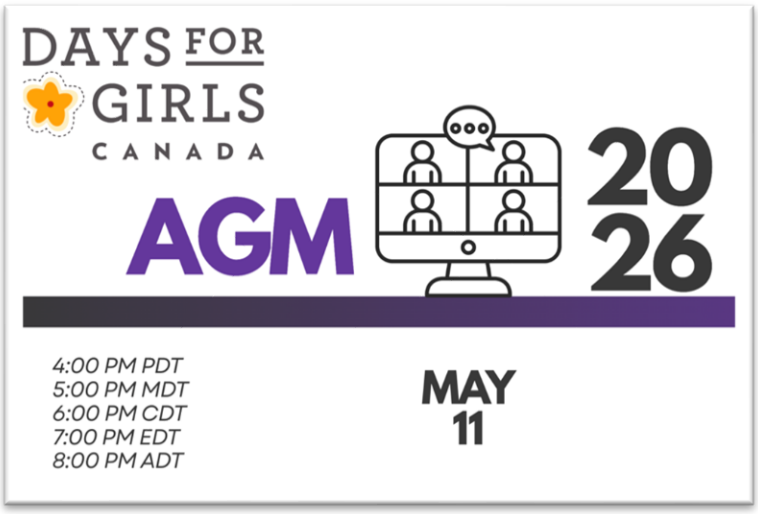
The excitement of a busy afternoon leaves us tired but also pumped, because all of us know we have had a unique role in completing kits and changing lives, one girl at a time!

Cindy Henderson, my co-lead (in blue DfG shirt), working the crowds/sharing DfG info at one craft sale.

Congratulations!

May was a popular month for team beginnings! Thank you so much for being part of the Days for Girls family!

Windsor ON Team	North Vancouver BC Chapter Langdon AB Team Brooks AB Team	Ennismore ON	Fernie BC Chapter
2018	2016	2015	2014



Register in advance for this meeting: here

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.

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