DAYS FOR GIRLS CANADA

The Periodical

August 2026

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From the President

Terry-Lynn Stone

Some of you may already have heard about this, but here are the details anyway, in case the rumour mill left anything out.

In mid-July, I received what looked like a grant application from a source I trusted. But when I opened it and started reading the questions, alarm bells went off — legitimate grant applications simply don't ask for your bank account information before you've even been awarded anything. I closed it, deleted it, and didn't fill in a single field.

Unfortunately, the damage was already done. Within hours I was flooded with automated replies from businesses I'd never heard of, nearly 500 undeliverable-mail notices from addresses I didn't recognize, and a steady stream of messages either congratulating me on a grant I never received or asking how they could qualify. Worst of all, people in my own contact list started getting emails "from me." I tried valiantly to respond to everyone and let them know it was a scam, but the volume made that impossible.

Thankfully, Meghan and DfGI stepped in, wiped things clean, and I reset my password. The real cost wasn't the inbox chaos — it was the hours I'll never get back. I still don't know what the scammers hoped to gain, but I'm hoping it's all behind me by the time this reaches you. If you got one of those strange emails from me, I'm sorry — and please know it wasn't me looking for something to fill my time!!

Now, on to happier news.

Those who know me know I like a plan. I can be spontaneous — jumping out of a perfectly good airplane comes to mind — but generally I want the details mapped out. Case in point: the Maritimes trip my husband, and I are taking this month, where I've researched every

hotel for pools, laundry, and fitness centres. When you're away for weeks, those things matter!

The same goes for DfGC. You'll remember our goal of 100,000 kits distributed from Canada by 2030, and we're making real progress on the paths to get there. Louise has been working tirelessly (and creatively) to source well-made, affordable panties for our kits — if you knew the hoops she's jumped through, you'd be gobsmacked. Christie, our distribution coordinator, is streamlining how we record distributions. And a few Chapters and Teams have started contributing to our new Shipping Fund, which can help cover shipping supplies or even an extra suitcase for someone travelling to a distribution. Full details are elsewhere in this issue.

Thank you all for being part of the solution — now, if I could just get my hands on that email hacker...

DfG Canada Conference

Louise Colonnier

40 sleeps until the conference registration cutoff date! If you haven't registered because you think there is still lots of time, see below!

Deadlines:

August 18 – Last day for booking hotel rooms at the preferred rate.

September 10 - The cutoff date for registration, to give the hotel advance notice of the number of attendees.

If you are coming by yourself and booking a hotel room and are interested in sharing, please let me know and I will put you in contact with others who would also like to share.

In early August I will be writing to all the registrants to ask about dietary restrictions and about arrival and departure times for those of you who are flying so we can arrange rides to and from the airport.

A reminder that the resource centre is in Edmonton. If you would like to take supplies home, please place your order by the end of August and I will have it ready for you—a great way to save the shipping!

And, best of all, DfGI CEO Tiffany Larson and Chief Programs Officer Leyla Isin-Xiong will be there. If you have seen them before, you know they are wonderful and inspirational speakers—and if you haven't heard them before, you are in for a real treat.

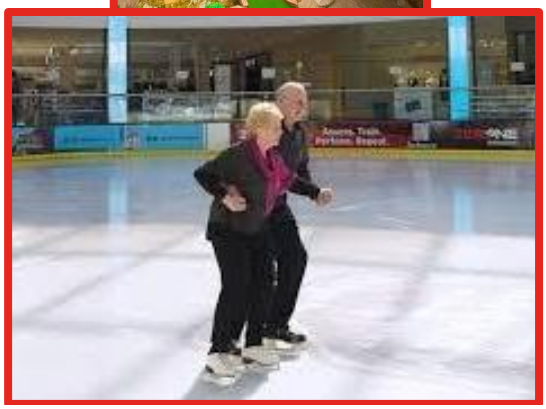
Do you want to combine the conference with some sightseeing or other activities? Here is what is happening in Edmonton around the time of the conference.

At West Edmonton Mall, you can:

Swim

Ride

Golf



Skate

And, of course, shop!

Notes from the Sewing Specialist

Sarah Ross

The Annual DfG Sewing Update has been issued and there are updates to the Carry Pouch which weren't covered by the International sewing specialists in their bulletin.

Please note that the **serged** Carry Pouch has been removed from the Tools and Checklist—this means serged Carry Pouches are no longer considered gold standard. All Chapters and Teams must move to making the sewn Carry Pouch immediately.

If you have any serged Carry Pouches in your stock, you can still distribute them but from this point forward, please make Sewn Carry Pouches with the French Seams.

Also, whether the Pouch is made with only PUL or PUL combined with a woven fabric, the 2 ½ inch flap MUST have a finished edge to be considered Gold Standard.

Pouches made with 2 ml PUL can leave the flap unfinished to be considered Fit for Purpose, but it is not recommended for 1 ml PUL for the flap to be left unfinished. The patterned PUL that is provided by the Resource Centre is 1 ml. Finishing the flap edge provides structure and stability to that part of the pouch that will receive the most vigorous usage, so it makes a lot of sense to finish the flap.

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.)

A plethora of Panties!

The panties have arrived at the Resource Centre at long last - thank you to Louise and Mary for working through the hard and frustrating work to make this happen.

The order form is in the Chapter and Team Drive under supplies. Please contact Louise at resourcesca@daysforgirls.org if you have any questions

The Ripples Caused by Days for Girls Distributions

Mary Johnston

This year has been one of distribution feedback surprises. At the end of 2025, Terry-Lynn Stone, our always thinking President connected me with someone she had met while on holiday in Mexico where she was obviously also distributing kits. Jeannine and Sean were going back to Mexico and wanted to take kits with them but needed them by mid-January.

So, the Nepean Team hosted a kit packing party. We packed kits to take us through distributions to the end of March, because I was having knee replacement surgery on January 19. Some of the kits were to go to Cuba with Team members. Those kits never went and were sitting at a Team member's house.

Then in March, out of the blue I received an email with a request for kits for Cameroon. I met with Elizabeth AyukAko, who has formed a foundation, Audacious Voices, to foster girls staying in school and girl empowerment.

The Cuban kits were now directed to Cameroon. Elizabeth took the Ambassador of Women's Health course and led her first distribution on April 22.

On April 23 she emailed and requested 500 more kits for the start of the school term in September to be shipped in a container leaving in June! We managed it. We hosted another kit packing party and packed 500 kits.

Now to the ripple effect, which flows in two directions.

Elizabeth, the founder of Audacious Voices, contacted us because someone she met here in Ottawa told her about us. The contact, Sahada Alolo, had taken kits to the north of Ghana in the fall of 2017. Sahada also runs a foundation, the Northern Girl Project, to help teach girls employment skills and keep girls in school. In 2017 we were a new Team and when we met with her, she requested 400 kits. We looked at each other, swallowed hard and called in help from Pathfinders and Rangers and we did it. So, the distribution of Days for Girls kits in Ghana led directly to the one in Cameroon.

The distribution in April in Cameroon has received much positive feedback from both the girls who received the kits and their parents. One mother, who is a seamstress, was so thrilled, that she made a dress and took it to the school the next day as a thank you for the education and the kits.

When you work with Days for Girls, you never actually know where the ripples will lead—but for sure, distributions lead to ripples!

Application for funds to help cover Shipping Costs

Days for Girls Canada Chapters and Teams have generously contributed to a **Shipping Fund** — a community-built resource created by teams for teams! Thus, the DfGC Board invites applications from Chapters and Teams in good standing who need help offsetting shipping costs.

This fund exists especially for our smaller, mighty teams — those who pour their hearts into fundraising but find that shipping costs can still stand between their kits and the girls who need them. If that sounds like your team, we encourage you to apply!

Deadlines: Grant applications must be submitted after the shipping fees have been paid.

Amount: The Board Grants Committee may approve funding up to a maximum of $200 per application, and the amount may vary depending on the number of applications received.

Guarantee: Applications that fit the requirements are not automatically guaranteed funding and may be funded at a lesser amount than requested. Applicants who have considerable amounts of money in their accounts may be denied funding.

Notification: Grant applicants will be notified by the Board Grants Committee whether their application is successful or unsuccessful

Applicants: Only Chapters or Teams in good standing may apply (membership, invoices and levy all paid in full and on time).

Chapters and Teams may apply for a grant more than once.

Evidence: Successful applicants are required to provide evidence the funding will be used as stated in this application. Documentation which identifies the shipping costs is required.

We will fund:

- Shipping costs from the resource centre or other shipping costs.

We will NOT fund:

- Requests from individuals other than Chapter and Team leads
- Costs of travel

How to Apply

1. Determine if your project fits our guidelines.
2. Complete this form: https://form.jotform.com/262103302967048

Making Things Simpler This Summer

Christie Lewis

Summertime at DfG is sometimes a little quieter as teams take some well-deserved time away from their volunteer commitments. While distributions may slow down for a season, it gives us the perfect opportunity to pause, reflect, and look for ways to improve the tools and processes that support our volunteers throughout the year.

Over the past several months, we've had many great conversations with teams across the country. We've listened to your suggestions, answered your questions, and taken note of the areas where our current procedures could be made simpler or more intuitive. We truly appreciate everyone who has taken the time to share their experiences and ideas. Your feedback continues to shape the way we support our Chapters and Teams.

As many of you may know, Adriane, our Country Coordinator, and I have been working behind the scenes to simplify our KDA, streamline the reporting process for distributions, and make the overall experience more user-friendly. Our goal has been straightforward: reduce unnecessary complexity while ensuring we continue to capture the information that helps tell the story of DfG's impact. We will be excited to share these updates in the fall, allowing everyone to begin what often feels like a "new year" with reporting procedures that are clearer, more efficient, and easier to navigate.

We hope these changes will reduce the time spent on administrative tasks so volunteers can focus on what matters most — serving their communities and building meaningful connections through every distribution. In the meantime, a draft version of the updated KDA has been placed in the Chapter/ Team shared drive. This version can be used for all distributions, both within Canada and internationally, while we continue refining the final document.

We welcome your feedback as you begin using it, as your insights will help us make the finished version even better.

Although we may not share an office, my virtual door is always open. Whether you have a question, an idea, or simply want to talk something through, please don't hesitate to reach out by email, Teams, or phone. I'm always happy to connect.

I hope you enjoy the slower pace of summer, take time to recharge, and return in the fall refreshed and ready for another meaningful season together.

It all starts with one Conversation . . .

Marin Chapman

PERIOD POSITIVE WORKPLACE

A Period Positive Workplace (PPW) is a workplace that provides free menstrual products for employees or guests, ensures staff knows they are available, and is then recognized for supporting menstrual equity in the workplace. That's it - a simple but meaningful way to reduce barriers and create an inclusive environment where everyone is supported.

This month, I want to challenge **each Days for Girls Canada Leader, Co-lead or volunteer** to engage **just one workplace** about becoming a Period Positive Workplace.

This workplace could be your own employer, your favourite cafe, a local community centre, a gym, a library, or a business owned by someone you know. By starting one conversation, you can help to create a workplace where menstrual health is acknowledged, supported, and normalized.

It is easy to wonder what difference one short conversation can truly have, and I want to remind you that every certified PPW started with someone, like you, willing to ask the question. Today, there are more than 375 certified PPWs across 61 countries that are helping to reduce menstrual stigma and improve access to menstrual products, all because someone took that first step.

There are many resources available to help inform these conversations. The 2026 PPW Implementation Report helps explain the current PPW status as well as the benefits of becoming a PPW. You may find the PPW Passalong Postcard or the PPW One-Pager helpful in approaching a business. There are many resources to guide your conversation on the PPW Website, and I encourage you to email me if you have any questions! advocacyca@daysforgirls.org.

Imagine the impact we could have if each of us reached out to just one workplace this month. Together, we could help increase menstrual equity across communities and set a standard for inclusive workspaces across Canada. How great would that be!!

Advocacy does not always begin with a large campaign; sometimes it begins with one small conversation.

Perhaps that conversation will start with you!

PERIOD POSITIVE WORKPLACE

South Georgian Bay ON Celebrates its 10th Anniversary

Helen Harper

In Fall 2016, two wonderful women got together and founded the South Georgian Bay Ontario Team of Days for Girls Canada. Word spread and before long, four women were sewing in the basement. As quilters and friends of quilters, they had access to donations of cotton and thread. Hotel soap was also easy to find in those days.

Helen Harper (me), Lyn Eckersley and Shirley Joost at the bottom.

The ladies hung out at the discount tables of local fabric stores. They tentatively sought donations. Then a very enthusiastic woman joined the group. Her sewing skills were lacking, so she was appointed Treasurer and solemnly oversaw the $37.42 for the group.

Another woman joined the team because of a presentation at her church. She belonged to a knitting group, and she took a kit to share with them. Half of the knitters came along to the next meeting and so the hunt was on for larger space.

One of the volunteers was a member of a local church, Emmanuel Presbyterian, which has now generously donated working and storage space for almost 10 years. Our original number of members has swelled to 30 including both regular attendees and those who kindly work at home—not to forget the noble volunteers who do both.

Our first attempt to share liners with a nearby Chapter met with failure. They tactfully told us that our liners needed some “attention”. We were crestfallen but rather than blame the system, we vowed to improve and this year are hoping for our third Gold Standard certification.

Among our proudest moments are the following:

- The enthusiasm with which we greet a “Kit Packing Party,” We have packed over 650 kits in a single day!
- Working with the students from the local Montessori School to pack kits. They unwrap soap, deliver kit components, pack kits with supervision, and thoroughly enjoy the pizza and cookies!
- Pivoting to large-scale production of masks and PPE during Covid.

- Our donations to Congo and Ethiopia bringing first-hand reports of the girls' delight. One of our volunteers was part of a distribution in India. Hearing from her was almost as good as being there!
- Our successful fundraising endeavours which also serve as Outreach. And our Outreach which occasionally raises funds.
- Sending 4000 kits (so far) to places where they are needed.
- Our treasurer now has much more than $37.42 to take care of!

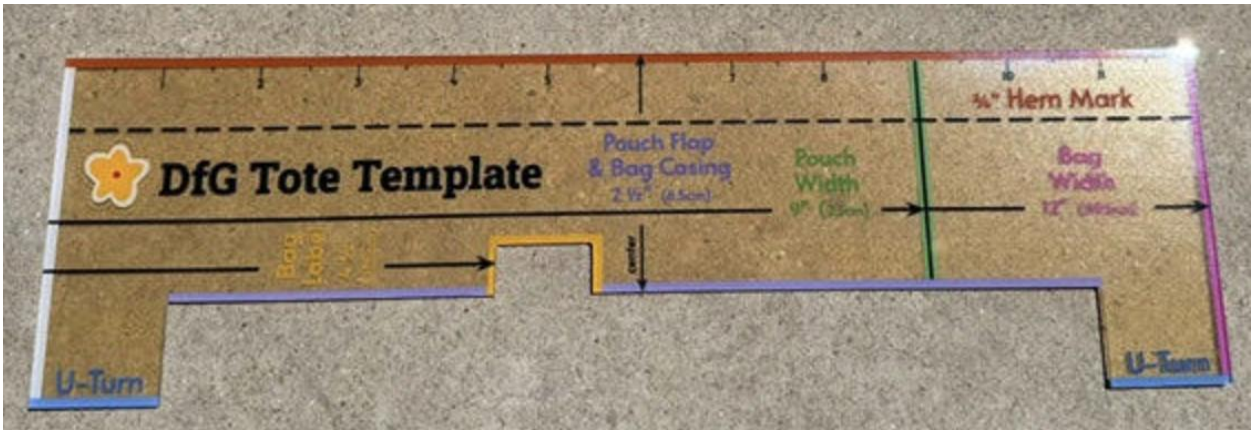
This is what celebrating ten years and looking back over those years is all about.

Martine Dinnis front and centre, and 1/2 of Shirley Joost showing around the sign.

Some Girl Guides joined us for the Kit Packing Party and gave us permission to include this photo.

New to the Resource Centre

One of the updates to the Sewing Room is the creation of a new "Tote Template". We have them in our Resource Centre for $17 (plus shipping). They are acrylic and are used for both the carry pouches and drawstring bags. A reminder that the order form is here: https://form.jotform.com/260287358705060.



Remembering Anna Harder

Sarah Ross, Team Leader, Camrose AB

It is with profound sadness that we note the passing of one of our Team's founding member, Anna Harder.

Anna Harder and Destiny Reay went to Australia in June of 2014 to attend the Rotary International Convention and learned about Days for Girls while they were there. They brought the idea of creating a team back to the Rotary Club of Camrose Daybreak the next month, and the club agreed Days for Girls was a great project to support.

Anna and Destiny held the first team committee meeting on October 14, 2014, at the Canadian Mental Health Association office and the Camrose Team was officially registered with Days for Girls International by the end of October 2014.

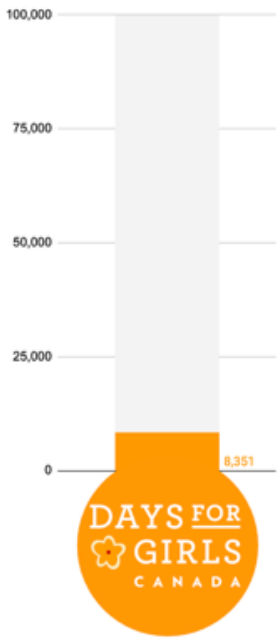
Anna and Destiny led the Team until the leadership was passed to Carol Davis Pedersen and Carol subsequently passed the leadership onto me when she moved to Ontario and created the team in Brampton.

I am profoundly grateful to Anna for her passion and dedication in starting and running our amazing Team for so many years. Thank you too to our team of fabulous volunteers, and to the Rotary Club of Camrose Daybreak for your ongoing support.

Anna, we miss you.

Distribution Update

Year-to-date we have had 5,835 kit distributions and 2,516 kits shared with World Vision, putting us at 8,351 as of July 31.



Congratulations!

August is one of our busiest anniversary months with seven Chapters and Teams to be celebrated.

12	10	8	7	1
Port Moody BC	Leduc AB South Georgian Bay ON	Comox BC Okotoks AB	Haut-Saint-Laurent QC	Moncton NB

Thank you all!

DfG Canada Contact Info

Board of Directors

Chair	Terry-Lynn Stone	chairca@daysforgirls.org
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Communications	Victoria Caldwell	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.