District 7070 Speakers Corner

Date Speaker Added : January 3, 2024

Speaker Name: Janet Thorsteinson

Speaker's Category: Empowering Women and Girls

Speaker's Topic: The Making of Girl's Reusable Menstruation Kits - a hands-on International project

Speaker Bio

Janet Thorsteinson joined Whitby Sunrise Rotary Club in 2016 as her 3 children were retiring from competitive hockey. She was eager to find like minded individuals that were engaged in their community and giving back. Janet has found that and more with Rotary. She is part of the Vocation Committee, Youth Committee and is Chair of the International Service Committee within her club. Last February, she was in Laos helping Steve Rutledge of Adopt a Village in Laos train local workers how to sew the Girls reusable Menstruation kits. In January, 2024 she will be going down to the Dominican Republic for the 5th time to help with Whitby Sunrise’s DR Project aiding and improving the lives of the sugarcane workers near Consuelo. There, the group will install solar lights, cement floors, and housing repairs. She

will also be delivering over 200 girls’ kits to the rural schools.

When she isn’t volunteering, Janet can be found hiking the Bruce Trail, mountain biking, road cycling, quilting, and helping with home renovations. She is a dog lover and prefers a tool belt over a ball gown any day.

Recommender's Name: Heather Kent

Recommender's Club: Newmarket

Recommender's email address:  [hkent08@gmail.com](mailto:hkent08@gmail.com)

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Speaker's Name Janet Thorsteinson

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