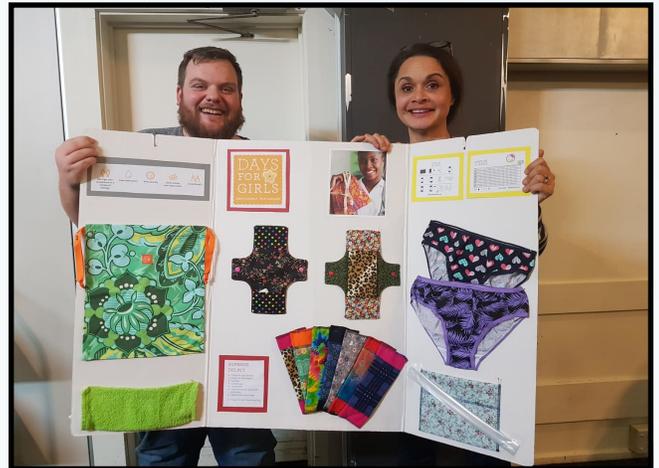


Rotary Club of Christchurch South



Reetah Mitchell - Days for Girls

Part of me feels like I shouldn't be writing this report, as I will never experience the issue presented below, but in the same token I am also possibly the best person as I wasn't even aware of the problems below/ or maybe didn't want to consider what Reetah was talking about, because in western culture menstruation, a perfectly natural part of a woman's life continues to be a taboo subject.



President Elect Joey Chamberlain with our Guest Speaker, Reetah Mitchell

Last week, to start the rotary year we heard from Reetah Mitchell from Girls for Days, a charity literally giving woman and particularly young woman, back their days when they are in their menstrual cycle. By providing woman with reusable sanitary pads that require minimal cleaning Girls for Days is removing the often-historic stigma around periods.

Initially Reetah talked about experiences in third world countries where woman can be found sitting on cardboard and waiting for their cycle to end, which ultimately means missing out on education, which means generations of woman continuing a cycle of having less opportunities in life simply because of the gender they were born as.

As Reetah continued her discussion we soon learnt that this problem is not singled to those in developing countries, we were informed of a statistic that in New Zealand, 1 in 2 women at one point in their life is going to have to choose between sanitary products or food, the basic necessity to live. What Days for Girls is trying to achieve is to remove that discussion, remove the stigma around single use product so that no young woman is left behind and is given the same opportunity in life.

Thank you Joey for this weeks report

Next Week

10 July

Club Forum

Upcoming Events

For information on the below events, please check out the Regeneration newsletter [here](#) which includes registration forms

18 September

Gala Peace Dinner

19 September

Rotary Lunch to celebrate the Kahikatea Common built by Sunrise and Hornby

20 - 22 September

Rotary Regeneration NZ/Aus Conference hosted by Christchurch



Points of Interest

End Polio Now

- Polio remains endemic only in Afghanistan, Nigeria and Pakistan
- If eradication efforts stopped today, within 10 years, polio could paralyze as many as 200,000 children each year
- The average cost to fully protect a child against polio is \$3
- 430 million children were vaccinated in 39 countries in 2017
- It costs \$100 million to conduct polio surveillance worldwide

Duties

| Duty | 10 July | 17 July |
|---------------------|--------------|--------------|
| Cash Desk | D Buist | A McCully |
| Cash Desk | S Mackenzie | D Peterson |
| Reception | D Peterson | S Mackenzie |
| Speaker Host | | A McKinnon |
| Grace | K Gunasekara | B McKessar |
| International Toast | L Brown | P Mears |
| Thanks to Speaker | | K Dalziel |
| Quote | A Stewart | G Fowler |
| Speaker Reporter | C McCarthy | L Bermingham |
| Sergeant | A Airay | D Buist |
| Deputy Sergeant | J Woodward | S Hays |

Notices

- Congratulations to Sarita who is now the District Communications and Public Image Chair, and the Assistant Rotary Public Image Chair for our zone
- Please send anything bulletin related to Kim at tanner.kimberley@gmail.com

Don't forget to follow us on our [Facebook](#) and [Website](#)

Reminders

Record your apology by:

- Notifying the Reception Desk
- Email chchsouthrotary@gmail.com before 11am on that Wednesday
- Emergency apologies to Mike Bruce on 022 540 1251
- You will receive an email reminder a couple of days before the meeting re apologising or bringing a guest
- If you are unable to do your allocated duty, it is your responsibility to arrange a substitute and advise the President
- Leave of absence requests (three weeks or more) must be in writing to the Secretary