

Days for Girls – Assisting in Providing
Sustainable Menstrual Solutions Worldwide

Name of Project

Nomination for Nina Fay Calhoun Int'l Relations Award

6-24-2025

Date

Altrusa International of Richardson

(address) PO Box 832101

(City, State Zip) Richardson TX 75083

USA

District Nine
2024 - 2025



Nina Fay Calhoun Int'l Relations Entry Form

District NINE

Name of Altrusa Club Altrusa International of Richardson

Address PO Box 832101

City Richardson State/Province: TX

Country USA Zip/Postal Code 75083

Club President Jean Stuart

Contact Person Jean Stuart

Telephone _____ Email: contact@altrusarichardson.com

Date (day, month, year): 24-6-2025 (June 24, 2025)

Club Membership (as of entry date): 69

Project Title: Days for Girls – Assisting in Providing Sustainable Menstrual Solutions Worldwide

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EXECUTIVE SUMMARY / SYNOPSIS:

*A synopsis of your project is required and should **not exceed 100 words**. The synopsis should provide a brief outline of key aspects of the project. This synopsis will not be counted towards the project description word count. The synopsis will be used if your award is selected as a winning entry, and in some Districts, to describe all entries in the Conference Program.*

Days for Girls is impacting over 3.5 million women and girls all over the world through providing access to sustainable fabric menstrual products and menstruation education. This year, Altrusa Richardson assisted the Highland Village Days for Girls (DfG) Team assemble over 600 kits, many of which were distributed in Honduras. Altrusa Richardson by providing over 402 yards of flannel, 102 yards of polyurethane laminate fabric, and 559 pairs of panties. The donations were so significant that the Highland Village Team was able to share the fabric with 2 neighboring Days for Girls Teams for a pad-making event.

PROJECT DESCRIPTION/ NARRATIVE: *(not to exceed 1,000 words)*

< See attached >

OTHER SUPPORTING DOCUMENTATION:

- 1) Supporting information will not exceed six (6) pages. When more than six pages are submitted, the District Chair will remove all pages beyond the first six pages before sending the packets to the judges.
- 2) Supporting information may include photos, promotional items (flyer, brochure), ads, media coverage, etc.

< See attached >

ENTRY SUBMISSION:

Submit your entry by **June 30** via email to the District email listed below and include in the email subject line the awards submission category and your club name

DistrictNineAltrusa@gmail.com

Dr Nina Fay Calhoun International Relations Award 2024-2025

Altrusa International of Richardson, Inc.

“Days for Girls – Assisting in Providing Sustainable Menstrual Solutions Worldwide”

Executive Summary/ Synopsis:

Days for Girls is impacting over 3.5 million women and girls all over the world through providing access to sustainable fabric menstrual products and menstruation education. This year, Altrusa Richardson assisted the Highland Village Days for Girls (DfG) Team assemble over 600 kits, many of which were distributed in Honduras. Altrusa Richardson by providing over 402 yards of flannel, 102 yards of polyurethane laminate fabric, and 559 pairs of panties. The donations were so significant that the Highland Village Team was able to share the fabric with 2 neighboring Days for Girls Teams for a pad-making event.

Project Description:

This project was selected with the purpose of helping a local Days for Girls (DfG) Team collect fabric, purchase supplies, and assist with hands-on projects to help reach their goal of assisting in the assembly of 3,000 kits for distribution in Honduras via Rotary District 5810. “Period Poverty” is a global health issue affecting girls and women. In Honduras, almost half the population lives on less than \$5.50 a day, placing Honduras in the second-highest poverty prevalence countries in Latin America. The female population unemployment rate is nearly double that of males, and given the high poverty levels, many Honduran women and girls struggle with getting access to feminine hygiene resources. This lack of resources causes girls to miss school nearly two months a year. A study in 2017 showed that 66% of Honduran girls drop out of school between sixth and tenth grade. Another relevant statistic is that 43% of students with periods skip school while menstruating. Furthermore, only about 48% of mothers and 40% of girls received education on why women menstruate. This inadequate education about menstrual hygiene and proper use of menstrual products often leads to urogenital infections. In many areas in Latin America, menstruation is still a taboo topic, which causes shame in seeking access to

information and supplies. Although many organizations are assisting with this problem, much more help is needed. Altrusa International Foundation saw the need to start helping in 2018, when it selected “Days for Girls” as an international service project to help bring a safe, washable, and long-lasting menstrual alternative along with vital health education to millions of girls and women. Since the International Foundation initiated this project, our Club has been assisting the Highland Village DfG Team by donating supplies and helping assemble kits. This past year, club members were given eight (8) opportunities to contribute. Five were tracing and cutting events, gathered in a member’s home, one was the opportunity to trace and cut from their own homes on their own time, another was a cutting event prior to a monthly club meeting, and the eighth opportunity was at our annual community-wide Kindness Action Network (KAN) event.

Our Club decided to assist the Highland Village DfG Team because this Team receives no assistance from other community-based organizations. Club members who volunteered to be involved in the Kindness Committee started meeting in June 2024, to plan the DfG project and map out what funds should be budgeted and what type of opportunities to have to involve members. The DFG mission of improving health, education, and the livelihoods for women and girls only strengthen club members commitment to this project.

The project started June 18, 2024, with the first committee meeting. Members decided on a budget and discussed when to meet to have work sessions for the project. Through email postings, committee meetings, and articles in our Club’s newsletter, members were invited to “tracing and cutting” events in members’ homes, July 19 and 23, 2024, February 8, 9, and March 23, 2025.(see Photo pages 1-4) Prior to the January 19, 2025 club meeting, guests were invited to participate in a hands-on cutting event while they learned the history and reasons for the project. This allowed all Altrusans’ present as well as guests to become familiar with the DfG project. The last “event” occurred on April 5, 2025 (9 A.M. to 12 P.M.) during our annual KAN event.(see photo page 5) Members of the Highland Village DfG Team were on hand to instruct our club members and their guests on assembling kit components. Attendees tore long strips of flannel, folded panties for the kits, and traced then cut-out shields. This workday contributed time, fabric, and preparation towards 600 kits. During the year, members were available to collect and store donated

fabric for DfG, as well as accompany a member of the DfG Team to purchase fabric. The project process was documented in our monthly club newsletter, “Altrusa Tidings”, as well as in committee reports. The resources used included purchasing templates for shields from the Days for Girls website, Sharpie markers for tracing patterns onto the fabric, folders with plastic covers for tracing (so no ink got on the table work surface), and a tracing board and wheel, using members irons & ironing boards for preparing fabric, then tracing around the templates and using members scissors to cut out the shields. The committee chair for this project kept a record of how much fabric and panties were purchased, as well as member participation. Throughout the year, a total of **\$2,395.72** was spent on this project.

Paying for this project was made possible through our annual “Outstanding Women of Today” fundraising luncheon, held October 18, 2024, requiring 100% member-participation. During the year, members lent their talents to ironing, tracing patterns, and cutting them out. They also picked-up donated fabric. Approximately 50% of Club members actively participated in this project with a total of 274 hours of personal service contributed. The Highland Village DfG Team put in over 45 hours of work to prepare for our Club’s Saturday KAN work session event. With the fabric donations, especially from the Richardson Retired School Personnel, our Club was able to share extra fabric with the McKinney and North Richland Hills DfG Teams. The completed components these Teams did were sent directly to the DfG headquarters to be distributed across the globe. The Rotary Club took 3,000 kits to Honduras in the spring of 2025, of which, the Highland Village DfG Team, contributed 400 kits. These kits were only made possible through the contributions of our Club.

Our Club met its objective by helping the Highland Village DfG Team be able to donate necessary items for women and girls in Honduras, and other distribution sites, including those at crises and disasters sites. We helped make **over 600 kits for DfG**. The Highland Village DfG Team regularly share the name “Altrusa” with their volunteers and acknowledge our contributions to their chapter. It is felt that participation in this project also helped our Club recruit 4 new members. Through helping DfG in our community, our Club continues to bring awareness to Altrusa and the global impact we are bringing about to improve the health and well-being of women and girls.

Altrusa Richardson Tidings Newsletter

August 2024 - Page 6

*Kindness Committee Update***A Fun Way to Help Others - Days for Girls - Hands On**

Nancy Rohm, Days for Girls Coordinator

Days for Girls is an Altrusa International project in which all Altrusa clubs may participate. Richardson Altrusa has been involved since the project was first adopted by Altrusa. The project involves providing girls and women in locations where access to feminine products is not available, a way to continue going to work, school and taking part in other activities during their monthly period. Prior to this, they had to lose several days of work or school each month. The girls and women are provided cloth bags with panties, soap, and washable cotton sanitary pads inside. They are taught how to use these items.



From L-R Janet McCollough, Gayle Ingle, Marsha Peters, Guest, Jill Van Os and Christine Hart

To learn more, go to the **Days for Girl's** website.

There is a group of women in Flower Mound who do the sewing, creating the pads, and the bags. Our club purchases fabric, thread, and panties for this group. In Richardson Altrusa, the funds come from our Kindness budget. We are continuing to ask outside groups or individuals if anyone has fabric to donate - frequently someone who used to sew but no longer does. It's amazing how generous people are when they know what we are doing with the fabric. If you know such a person, please ask them!

During the afternoon of July 19th Alma Benoit, Christine Hart, Gayle Ingle, Janet McColloch, Jill VanOs, Marsha Peters, and a guest, gathered at Nancy Rohm's home for a work session. Except for Alma, who ironed fabric for us, the rest traced



From L-R Cheryl Tolliver, Holly Goodside, Jackie Scrivener and Kathy Stock

around templates on the back of the fabric using fine tip markers and then cut out the shapes for the group in Flower Mound to assemble into the sanitary pads. This volunteer time allowed us time to enjoy visiting with and getting to know each other better.

On the morning of July 23, Holly Goodside, Mary Beth McLemore, Jackie Scrivener, Kathy Stock, and Cheryl Toliver spent time tracing, cutting and talking. Photos show us working and also the stack of pads we cut, plus a single pad so you can see what an easy task this can be! Volunteering in this way is simple and fun!!

You can also get in some volunteer time before our August 15th meeting.

We have some of the fabric left that has been traced, but we ran out of time to cut out. This fabric will be available beginning at 6:15 pm meeting at NETWORK. Bring your scissors if you want to be able to cut!



This is the stack of pieces that were cut. These pieces can then be assembled into washable sanitary pads.

Altrusa Richardson Tidings Newsletter

October 2024 - Page 5

*Kindness Committee Update***We've Been Busy**

From Terri Morgan, Kindness Committee

Choose Kind Libraries Forest Meadow Middle School has received its Choose Kind book order and is the first Middle School to have a Choose Kind Library.

Northwood Hills and Dartmouth Elementary Schools have ordered their Choose Kind books. Choose Kind Libraries at Carolyn Bukhair and MST Magnet Elementary Schools have been approved and they will order their books, too. In Addition, Altrusa International Richardson has offered Prestonwood Elementary School a literacy grant for a Choose Kind Library.

New Friends New Life In September, Bobbi Klein and I met with Vanessa Baker at New Friends New Life to talk about their current needs. Undergarments of all kinds and sizes are always needed. So, Bobbi Klein ordered hundreds of bras and panties to be delivered to New Friends New Life this month.

Snack kits are in high demand, along with pantry items. We will try to do a hands-on project as a whole club before a meeting after Outstanding Women of Today is over.

Vanessa gave us a tour of the facility and the brand-new classroom, where the clients can study for their GED. Many intend to go on to college, too. Isn't that exciting?

Military Brenda Duckett has been working with the Blue Star Mothers, the nonprofit by mothers of deployed service people. She worked very hard setting up a Tax Free Amazon account and has ordered \$506 worth of items from Wish List provided by the Blue Star Mothers.

On my August trip to Alaska, I sat next to a military nurse, on my plane to Seattle. I told her about the Blue Star Mothers and how they must have a specific name to send the boxes to. This amazing nurse (who graduated from TCU) has already hooked the Blue Star Mothers up with someone in Iraq and someone Kuwait. As she continues to feed them soldiers' names, many, many more of our Military will be blessed by the Blue Star Mothers and, in turn, Altrusa!!!

International We got a thank you letter from Juana Syuleika Tzoy Torres, our current sponsored student, in Santa Avelina, Guatemala, a community of approximately 600 families.

HELPS International has worked in the most remote areas of Guatemala, providing opportunities to reduce the cycle of poverty. In a country where more than half the population lives below the poverty line, the barriers to making it into school are very high. Struggling to provide just the necessities, families face the cost of school uniforms, supplies, and transportation for their children to get an education. As a result, one out of five children will not graduate from the 6th grade. Through HELPS, we have sponsored 3 previous girls' educations in Santa Avelina for 25 years and Juanna is our 4th scholar. (See more from Juana on next page)

Days for Girls Nancy Rohm, Janie aquier, and Jill Van Os have continued to trace and cut out shields for Days for Girls. Bridget from the Highland Shores Days for Girls gave Nancy their wish list. Flannel fabric is first. They all met to purchase the fabric we are donating for Bridget's group to work with. Bridget will soon bring plenty of cotton fabric plastic templates for our group to cut and make more shields.

*Altrusa International***Why We Support Days for Girls**

From Altrusa International website



Altrusa International, Inc. and Days for Girls have come together in partnership to improve the lives of women and girls internationally

Days for Girls (DfG) is creating a world with dignity, health, and opportunity for all, through sustainable menstrual care solutions and health education. They envision a world where girls can attend school, pursue opportunities and succeed even when they have their periods.

Together Altrusa and DfG can provide girls and women in the world with essential health education, sustainable and affordable feminine products, break the silence of shame, and change the narrative to one of celebration and pride. Individual Altrusa clubs can support DfG through online fundraising, collecting supplies for kits, connecting with local DfG chapters, or sewing for kits. The DfG movement has reached more than one million girls and women and counting. Altrusa International will help to reach "Every Girl, Everywhere, Period."

Altrusa Richardson Tidings Newsletter

February 2025 - Page 6

*Kindness Committee Volunteer Opportunity***Days for Girls**

By Nancy Rohm



On Saturday, Feb. 8 from 9:30 to 11:30 am and on Sunday, Feb.9 from 2:00-4:00 p.m. Altrusans, Visitors, and Friends are invited to participate in a Days for Girls hands-on project on one or both of these dates and times. Sign up online and learn where we are doing this. It is listed as two separate events. (Google "Days for Girls" to learn more)



You will be tracing around a pattern on fabric, and then cutting out the pattern. Everything you need is furnished except fabric scissors; please bring your own. If you can only come for part of the time, that is fine. This is an opportunity to **do good while visiting, laughing, and getting to know the others who attend.**

A REMINDER: We use donations of **unneeded** cotton fabric and flannel. Every Altrusa can do this: If you have some extra fabric, bring it on Sat. or Sun. or to a meeting. Or ask someone you know if they have fabric they are ready to part with? Don't buy fabric for us; we get by fine with donations!

*Membership Retention Committee***February Lunch Bunch is February 12**

A full "tortilla" moon will be shining down on us that night, so we thought "warm torilla" Mexican food would be good for our next Lunch Bunch.

Join us at **Manny's Upton Tex-Mex** 7601 Campbell R. #725 Dallas, Texas (the north-west quadrant of Campbell and Coit) February 12, 11:30 am.

We made reservations for 12, so **PLEASE REGISTER by Wednesday, February 9th** so we can provide the restaurant a final count.

*Membership Committee Update 2045?***Meet Our Very Newest Potential Member**

Isabella Gimbel

Introducing Isabella Gimbel... a new member in 2045?

News from Isabella's mom, Altrusan Alisha Gimbel, "Thanks for sharing our good news.

I have included a couple recent pictures. Isabella is 6 weeks old and has already outgrown her small newborn clothes. We don't sleep much but we are grateful for this time and all her snuggles."



Big Sister reads to Isabella. It's never too early to start!

Altrusa Richardson Tidings Newsletter

May 2025 - Page 3

Kindness Committee

Days for Girls Pattern Cutting Project

On February 8 and 9 Altrusans met at Nancy Rohm's house to cut fabric according to the patterns supplied by Bridget Kensworthy from the Highland Village Days for Girls chapter. Altrusa supplied the fabric and the labor.



Above: L-R Nancy Rohm; Linda Martinez, a friend of Sue McElveen; Terri Morgan and Sue McElveen



Left: Holly Goodside and Shari Barat



L-R: Holly Goodside; Shari Barat; Linda Martinez, Sue McElveen's friend; Sue McElveen, Nancy Rohm, Susan Friendsley and Kimberly Kierce (taking the selfie)

Altrusa Richardson Kindness Action Network

April 5, 2025 Community-Wide Kindness Event

