



Dr. Nina Fay Calhoun International Relations Award

Entry Form

District **NINE**

Name of Altrusa Club **Altrusa International of Richardson, Inc.**
Address **P.O. Box 832101**
City **Richardson State TX**
Country **USA** Zip/Postal Code **75083-2101**
Contact Person **Jane Tucker**
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Date (day, Month, year): **June 28, 2023**
Club Membership (as of entry date): **64 Active plus 3 Emeritus**

Project Title: **Days for Girls - A Sustainable Global Effort to Change Lives**

Days for Girls - A Sustainable Global Effort to Change Lives
Name of Project

Nomination for Dr Nina Fay Calhoun International Relations Award

June 28th, 2023
Date

Altrusa International of **Richardson, Inc.**
PO BOX 823101
Richardson, Texas 75083-2101
USA

District Nine
Club Year
2022 - 2023

Executive Summary / Synopsis:

A 60-word count synopsis of your project providing brief outline of key aspects of the project. This synopsis will not be counted towards the project description count and will not affect submission eligibility. The synopsis will be used if your awards is selected as the winning entry.

Days for Girls is impacting the world by giving women and girls access to sustainable fabric menstrual products and menstruation education. Our club assisted the Highland Village Days for Girls Team assemble 328 kits, which were distributed in Mexico and Honduras and 900 kits were delivered to displaced Sudanese refugees at the Palabek Lamwo Refugee Camp in Uganda.

Project Description: *(1,000-word limit)*

The purpose of this project was to assist a local Days for Girls Team through hands-on projects and by donating needed materials to make sustainable menstrual kits for distribution to women and girls in Mexico, Honduras, and South Sudanese Refugees in Uganda. These kits provide a means of managing their menstrual periods so they can live their lives with dignity. Currently in Uganda, the majority of one million South Sudanese refugees escaping civil war are women and children. The United Nations says the situation is a full-blown humanitarian emergency. In Mexico and Honduras, the situation is similar. Girls in Mexico and Honduras are subject to gender-based violence forcing them to abandon their education and flee to safety. Although many organizations are assisting these people, more help is needed. For this reason, Altrusa International selected Days for Girls as an international service project and, for the past several years, has help to improve the lives of women and girls worldwide. Girls living in third world countries often quit school within a year of beginning menstruation because they have no way to manage their flow other than by staying at home and, by doing so, they fall too far behind to keep up. Because we are literacy-oriented, members feel an obligation to help Days for Girls provide the means these

girls need to stay in school. Since Days for Girls started in 2006, it has helped 2.8 million girls and women in 145 countries worldwide. Our club has assisted the Days for Girls Highland Village Team since 2018 and, because it receives no assistance from other community-based organizations, our club's extra assistance is always welcomed.

Plans for this year's project started in June 2022 during a Kindness Committee meeting organized to decide on projects and project budgets for the upcoming year. Committee members agreed to have Days for Girls be a club service project, decided on a timetable for two Days for Girls events and tentatively set a budget of \$150 to cover the cost of purchasing ribbon for the first event. This information was then submitted to the Finance Committee for approval. We committed to do a hands-on Days for Girls event in the Fall 2022 prior to the September Club Business Meeting as part of "Add An Altrusan Day". Our Committee would use this as an opportunity to inform both prospective members as well as current members what Days for Girls does and how our club contributes to their needs. Twenty-nine bolts (2,000 yards) of ribbon were purchased and members cut ribbons for Days for Girls backpacks. This ribbon, along with the extra bolts of ribbon, was then donated to the Highland Village Days for Girls Team. The second half of Days for Girls service project occurred in the Spring 2023 on April 1 during our club's Kindness Action Network (KAN) event. Members of the Highland Village Team along with our members threaded ribbon in over 500 drawstring bags for Days for Girls kits during the Saturday morning work session from 9 am to 12 pm. The KAN budget allowed for the purchase of 40 cotton briefs for these kits, which cost \$82.24. Members were kept updated on plans for both these events through Committee Meetings and Emails. Online registration for both events was made available through our club's website.

Funding for supplies for this project was made possible through our annual Outstanding Women of Today fundraising luncheon held in the Fall 2021, which required 100%-member participation. Additional supplies were donated directly to Days for Girls by

members of the community at large. For the Spring 2023 event, an appropriate location with a large room to assemble kits was supplied to the club free of charge. During each project, club members were given tasks to help assemble components of the kits by measuring and cutting ribbon and threading the ribbon through the drawstring bags. Two-thirds of the club were involved directly with working hands-on on one or both of our Days for Girls projects, accumulating approximately 125 volunteer hours. Both our Days for Girls events were promoted at club meetings and in our newsletter. The Spring KAN event was also visited by three City Council Members and the City Mayor, adding to Altrusa's exposure in the community. The Days for Girls Team in Highland Village put in over 3,000 hours of work to prepare for the Saturday KAN work session. In April 2023, the Rotary District 5819, which includes over 60 Rotary clubs in North Texas, delivered 164 kits to Roatan, Honduras in connection with the Roatan Rotary Club and 164 kits to Cozumel, México in connection with the Cozumel Rotary Club. In June 2023, the Highland Village Days for Girls Team personally delivered over 900 kits to Palabek Lamwo Refugee Camp in Uganda to South Sudanese refugee women and girls. It was due to all this extra effort that the project was such a success.

In evaluating this project, our club had as its objective helping the Highland Village Days for Girls Team be able to donate necessary items to women and girls in Mexico, Honduras, & Uganda. With the help of over 50 volunteers, this objective was achieved. The goal of Days for Girls is for “Every Girl, Everywhere. Period” having access to quality sustainable hygiene products as well as receive menstrual health education. In this country, it is hard to imagine the repercussions of not having access hygiene products but girls and women world- wide are forced to miss an average of 60 days of school or work yearly. By giving these girls and women these products, we are helping to build better futures by bringing menstrual health, dignity, and opportunity to over 2.8 million girls and women. Through helping Days for Girls

in our community, our Club has and continues to bring community awareness of Altrusa International.

PLEASE NOTE:

Optional Supplemental Material (No points) Judges place primary importance on the written narrative. Substantiating materials do not earn points and are considered only in a supplementary perspective.

ENTRY SUBMISSION:

Submit your entry by June 30 to the email address shown on the District Nine Webpage www.altrusadistrictnine.org under Members Only/Reports and Awards.

Altrusa Richardson
Days for Girls Hands-On Project
Fall 2022



Altrusa Richardson
Days for Girls Hands-On Project
Spring 2023



Altrusa Richardson
Days for Girls
Project Completion & Delivery
2023



FROM
ALTRUSA
RICHARDSON
TO . . .



UGANDA

