



2017 Outreach, Bakenberg, Limpopo, South Africa



## Cedar Rapids Iowa Chapter

Facebook: [Days for Girls Cedar Rapids IA Team](#)

**Paula Blessman, Chapter Director**

**Team Leader – Gold Canyon AZ**

(319) 560-7623, paulab@daysforgirls.org  
Fairfax, IA and Gold Canyon, AZ

**Joan Mollenhauer, Team Leader**

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Cedar Rapids, IA

**Brittney Telleen, Team Leader**

(319) 480-9446, Monticello, IA

[Workshop Location & Mailing Address](#)

Cedar Hills Community Church

6455 E Ave NW, Cedar Rapids, IA 52405

## Central Iowa

**Kay Hertz, Iowa Regional Representative**

(515) 210-1089, kayh@daysforgirls.org

**Carol Helland & Mary Ross, Ames Team**

(515) 292-0586, amesia@daysforgirls.org

**Wanda Armstrong & Christine Carroll, Grimes Team**

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**Gail Russ & Marg Ellis, Johnston Team**

(515) 770-5988, johnstonia@daysforgirls.org

### Shop Smile.Amazon.com

Designate **Blessman International** or **Days for Girls International**, and Amazon will donate 0.5% of qualified purchases (at no cost to you).

### Thrivent Financial

Form Action Teams or direct Choice® dollars to **Blessman International** or to **Days for Girls International**. Ask us how!

Revised January 30, 2018



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# A Better Life for Girls (& Women!) of South Africa is *In the Bag!*

Blessman International &  
Various Teams of  
**Days for Girls International**  
provide feminine hygiene solutions  
for thousands of South African girls.



Grateful learners at Nkqabidi High School

## Imagine...

What if not having sanitary supplies meant DAYS without school, DAYS without income, DAYS without leaving the house?

Girls use socks, mattress stuffing, newspaper, corn husks, rocks, anything they can find...but often miss 3-5 DAYS of school every month.

Resolving this issue is key to social change for women all over the world. The poverty cycle can be broken when girls stay in school.

## Imagine...

What if your love for sewing, or your stash of fabric or cash donation, or your willingness to cut/iron fabric could help girls break free from poverty & reach their full potential?

What if YOU could make a difference?

**You  
can!**



Volunteers meet regularly in Cedar Rapids and Monticello, Iowa to create DFG kits for girls in South Africa.



## Days for Girls International

Every girl in the world deserves education, safety, and dignity. We give girls access to quality feminine hygiene by:

- Partnering with organizations (such as Blessman International) to distribute feminine hygiene kits.
- Raising awareness.
- Helping communities around the world start their own kit-making programs.

Thanks to a global grassroots network of thousands of volunteers and supporters on 6 continents, we have reached over 1,000,000 women & girls in 110+ countries. It's working!

Learn more at [www.daysforgirls.org](http://www.daysforgirls.org) or [www.facebook.com/DaysforGirls](https://www.facebook.com/DaysforGirls).



Led by Dr. Jim and Beth Blessman in South Africa, Blessman International currently feeds over 7,500 children each week, distributes eyeglasses & shoes to thousands each year, and provides hope for many.

Blessman International also empowers local people through farming instruction (crops, chickens, & greenhouses); well-drilling; Internet access/training; and sewing, baking, & construction micro-enterprises.

Doc, Beth, and other volunteers teach the girls about reproductive health & hygiene as they distribute *Days for Girls* kits in South Africa. In-country production of kits began in the province of Limpopo in 2015.

**US Headquarters** (515) 343-5920  
2557 - 106th Street, Urbandale, IA 50322  
[www.blessmaninternational.org](http://www.blessmaninternational.org)



### What's in a kit?

- 1 Drawstring Bag
- 2 Moisture Barrier Shields
- 8 Absorbent Tri-fold Liners
- 2 Ziploc® Freezer Bags
- 1 Washcloth
- 2 Pairs of Panties
- 1 Travel-Size Soap
- 1 Instruction Sheet

### Do Something!

1. **Volunteer at Local Workshops & Events.** Many people (skilled and unskilled) are needed to make kit components and assemble kits.
2. **Volunteer at Home.** Volunteers are often needed to pre-wash & cut fabric and add snaps. Experienced *sewists* make drawstring bags, shields, and liners. If interested, we provide the instructions & materials.
3. **Start a Local DFG Team.** Teams of volunteers make complete kits or focus on one or more components. We'll help you get started!
4. **Donate Raw Materials.** Very specific items are needed to construct the kits. Everything should be high-quality to last 3+ years (*specifications at right*).  
Non-cash gifts are often tax-deductible. Please contact a DFG leader in advance of delivery.
5. **Donate Financially.** Monetary gifts are used to purchase new panties and raw materials in bulk. **Make checks payable to "Days for Girls International". Give online at [www.blessmaninternational.org](http://www.blessmaninternational.org) and specify "Days for Girls".** Gifts may be tax-deductible and will be included on charitable giving receipts.
6. **Go to South Africa.** Consider being part of a short-term distribution volunteer team. Contact Paula.

## Specifications for Noncash Contributions

### Guidelines for ALL Cotton & Flannel

1. Choose appealing fabrics medium to dark in color and patterned to mask stains.
2. Pick colorfully patterned fabrics, preferably botanicals, geometrics (except stars), and batiks.
3. AVOID prints with face/eyes (animals, fish, birds, etc.). Avoid animals, fish, and birds altogether if possible.
4. AVOID prints with people, insects (except butterflies), reptiles, camouflage, guns, hunting, stars, cartoons, TV, pop culture, words, national flags, and girly-glam. (Some prints are offensive or illegal in some communities.)
5. All fabric should be of high quality and new or "like new" to withstand 3 years of use.
6. AVOID bed sheets. (Threads are less durable.)
7. All cotton/flannel must be pre-washed in warm water (and ironed, if needed). Use non-allergenic detergent if possible. Do not use fabric softener or dryer sheets. Tumble dry on HOT.

### Cotton for Moisture Barrier Shields

1. Select 100% cotton fabric like quilter's cotton.
2. Minimum 8.5" x 10" cut pieces after washing
3. Minimum 5" width strips (or 5" x 5" cut pieces) after washing (for pockets)

### Flannel for Absorbent Liners

1. Select 100% cotton flannel.
2. Choose tightly woven, absorbent flannel (avoid loose weaves and shirt fabrics).
3. Iron lightly, if needed. Avoid heavy pressing.
4. Minimum 6" x 8.75" cut pieces after washing.

### Material for Drawstring Bags

1. **Fabric**
  - Select 100% Cotton or polyester-cotton blend – durable, washable, lightweight.
  - Minimum cut size 12" x 30" after washing.
2. **Drawstrings**
  - Select 5/8" grosgrain ribbon.
  - Minimum 38" lengths (total 76" per bag).
  - Select medium to dark colors.
  - Must be washable and durable.

### Other Items Currently Needed for Kits

- **Panties** – quality cotton briefs or hipsters (Girls Size 16 or Adult Sizes 5-10)
- **Washcloths** – store-bought only, med/dark color
- **PUL Fabric** – min 8.5" width, not furry/fuzzy
- **Ziploc® Brand Bags** - gallon-size, freezer
- **Thread** – 100% polyester, bright colors preferred