



[www.forthegoodperiod.org](http://www.forthegoodperiod.org)

2016 Annual Report



## A LETTER FROM THE EXECUTIVE DIRECTOR

Educating girls is a leverage point by which we can create powerful and long-lasting change at a global scale. Girl's education is vital to our progress toward other great challenges facing our world. An educated girl is less likely to contract HIV and is more likely to have fewer and healthier children. She earns more income and is more likely to send her children to school, thus breaking the cycle of poverty. An educated girl has opportunity - to choose the direction of her life, improve the odds of success for her children, and contribute to our world. Eliminating the barriers to education for girls is a human rights issue as well in the best interest of the global community.

We have assembled an extremely dedicated team in the US and in Kenya leveraging both the experience of long time community development workers and the passion and creativity of youth to address barriers to girls' education through innovative, thoughtful approaches. Our work with communities covers a range of issues from the hygiene needs specific to girls to human rights to valuing education. We want every girl around the world to have the opportunity to go to secondary school. Our goals are lofty, yes, but we believe that, by working in partnership with communities and other organizations with a similar vision, they are achievable.

I am proud not only of what we do, but also how we do it. We have made a commitment to work in ways that develop self-agency of individuals and the full capacity of communities, and we always take the long view of sustainability. We want the benefits of our work to last well beyond our presence in a community.

The importance of your support as donors cannot be overstated. You are truly the ones that propel this progress, and it is your commitment that is driving change. We cannot thank you enough for your trust in us and support.

*Kayce Anderson*



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# OUR IMPACT



*Classroom in Kajiampan, Kenya, 2016*

# Community-Driven Change

## TAKING THE LONG VIEW

In ten years we will not evaluate our success by the number of schools we have visited or the number of sanitary pad kits we have distributed, but rather by the number of communities that continue to support girls' education after we have left. This long view has led us to two core principles: Change must be driven by the community itself; and we must work with communities to strengthen their own capacity and the self-agency of individuals.

This view shapes how we engage with communities, and, importantly, has required us to slow down. Empowering girls and communities is not something that we, from the outside can give, but rather something that must come from within, and we can only strive to cultivate. Empowerment is not an end-state, but rather a process.

One example of this process occurred last fall in the community of Kaare. In a meeting with adolescent girls, they expressed a desire for a private space outside of the few latrines so they may change a sanitary pad and wash themselves. When we met with their mothers later that day, we relayed their daughter's wishes for a small private space and asked them their thoughts on what that might look like. Initially, we were met with silent stares in return to our question until finally, one woman responded that we should tell them how to make the private space as we were the experts. We assured them that they were the experts, as it was their community and their daughters. Within another few minutes, the mothers put forward several ideas for creating private spaces.

Every community has within it the capacity to identify and resolve their own problems. That capacity, combined with a little outside assistance to connect the community to resources and knowledge that are often unavailable to rural villages living in poverty, can be the spark that creates change—and the self-agency to sustain it.

Building human capacity and buy-in can't be shortcut. The power of our work and partnerships lies within a process that allows for the growth of self-agency, which is critical to ensuring our work is lasting.



Mothers in Kaare during a community session, 2016

# Postcards from Kajiampau

## FARIDA

Animated, confident and thoughtful, Farida, 15, lives with her mother and six siblings and is at the top of her class in math at Kajiampua Primary School. She hopes one day to be married. But, as she asserted, only after she attains a university education.

"Before you were coming with the pads, some of the girls were refusing to come to school because their parents don't have money to buy those pads. Some of the girls were using pieces of old blankets or mattresses. Some of the girls were refusing to come to school because of fearing to be laughed at by boys during their menstruation period.

"In some places, a girl can get pregnant and then she misses coming to school, or because she gets a baby, or she gets married....A girl gets cheated by a boy and gets pregnant and then she stays at home and misses her education. Here (in Kajiampau,) there are some girls who have gotten pregnant who have not even finished Class Eight; this has happened to many girls."

"I need to be able to grow up to finish my education," continued Farida, in answer to our question as to what she would want people in the U.S. to know about her. "At the time I finish my education, I can get married. But only after I finish university. I want to be a big person in the world. Because then you can be treated well and help other people."

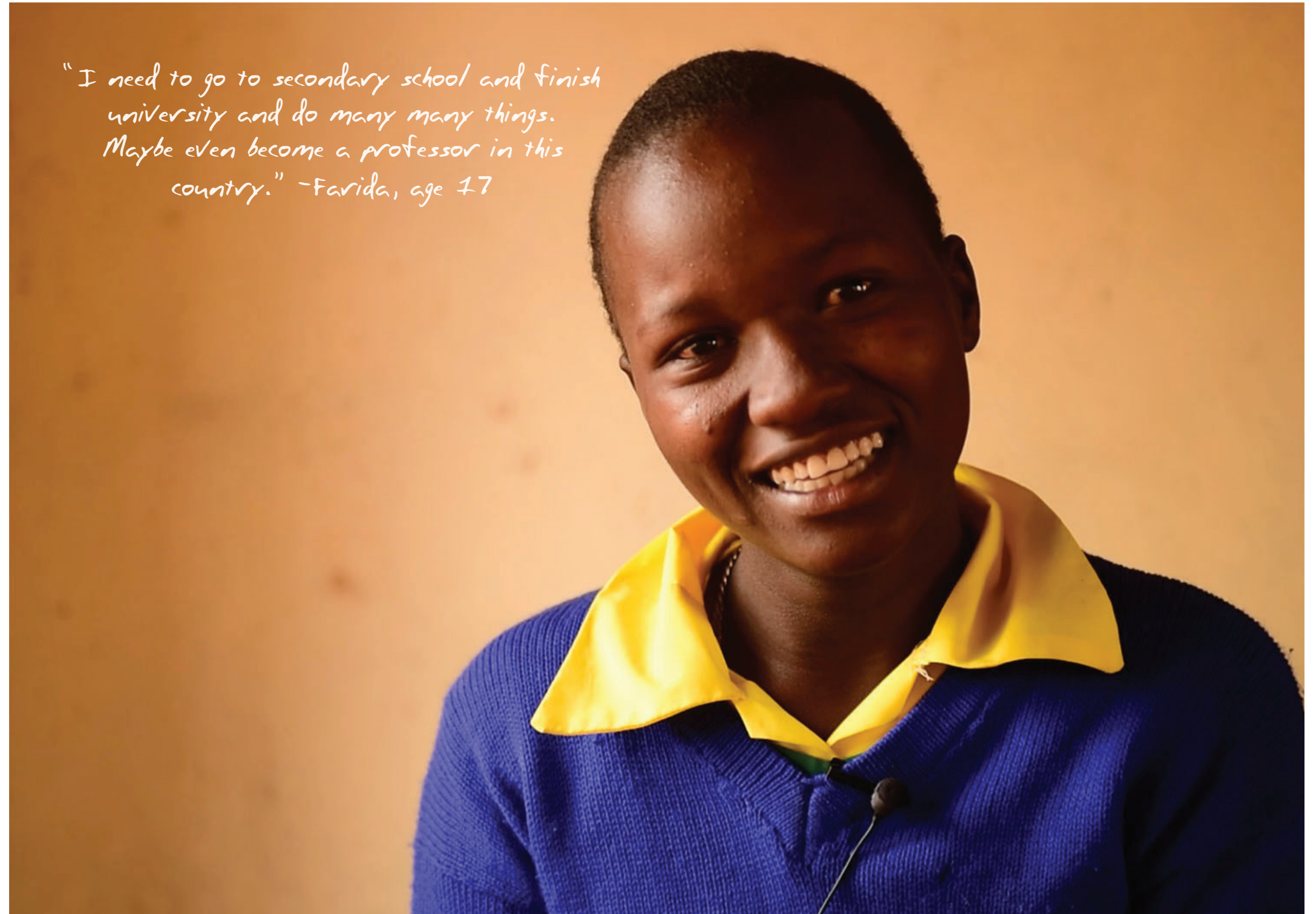
## VIVIAN

Nine-year-old Vivian, pictured on the following pages, represents the bright future of Kenyan girls. Resources are quite limited at Kajiampau Primary School; one teacher must often try to teach multiple classrooms at once. Top students such as Vivian are chosen as class prefects to help keep students on task for their studies and exams while the teacher is attending to other classrooms.

Vivian, poised, confident, articulate, and a natural leader, helps guide the classroom and also organizes playground games during break time. Her favorite subject in school is English. She has a dog and a cat at home. She is also excited about her future.

"I want to go far with my education. I want to go to university so I can be a teacher. It will be hard, because you have to work hard. But I think I can do it."

*"I need to go to secondary school and finish university and do many many things. Maybe even become a professor in this country." -Farida, age 17*



Farida, Kajiampau Primary School, Kenya, 2016

*"I want to go far with my education. I want to go to university so I can be a teacher.  
It will be hard, because you have to work hard. But I think I can do it."*

*-Vivian Pendo*



*Vivian, front, leading recess games in Kajiampani, Kenya 2016*

## Community Champions



Nyaga speaks with mothers from the community of Kaare, Kenya 2016

### NYAGA

In each community and school we work in, we begin by identifying present and natural leaders who understand the importance of educating girls. These individuals — often teachers, or respected community elders — become powerful advocates for the work For the Good Period is doing in partnership with the community.

Many people in the U.S. ask how our work is received by men in Kenya. As it happens, some of the most powerful champions for our work with girls in Kenya are men.

One of For the Good Period's biggest community champions, Nyaga, is also on our advisory board. A respected community leader in the village of Kaare, Nyaga's gentle but powerful presence and wisdom has added deep insight to the process of our work for several years. He has helped us understand the process by which we engage with communities to ensure that we honor their practices and tradition, and gently taught us to instill more dignity and respect into the process of pad distributions in communities.

We could not do our work without the wisdom, guidance and assistance of leaders such as Nyaga. They see beyond existent community limits and perceptions and help initiate and facilitate community discussions around new ideas and understandings. They embody the power and agency we hope our work will ultimately help create for every single member of our partner communities.

# New Schools in 2016

## FOR THE GOOD PERIOD EXPANDS WORK TO ADDITIONAL COMMUNITIES IN MARA AND IGAMBANGOMBE DISTRICTS

As you travel eastward through Tharaka-Nithi County, the region where we focus our work, the landscape becomes drier and the communities more resource-poor. Access to water decreases, which creates additional barriers to agriculture, raising livestock, and daily needs.

In 2016, For the Good Period expanded its outreach to ten schools in this region: Kabariange, Kanoa, Makutano, Mikwani, Nguruki Primary School, Nguruki Secondary School, Kajiampau, Kaare, Makambani and Twamikua in the Mara and Igambangombe Districts. Distance from larger towns often means these communities receive little support from government or other aid programs and

reduces their access to resources and trade. Despite the resource challenges in these communities, girls at these schools have powerful advocates in their teachers and head teachers. In Kabariange, the male head teacher, Mr. Muchiri Kabuow, personally visited the families of two girls who became pregnant during the school year to ensure they understood that they were welcome to continue in school. The support, personal investment and encouragement of this teacher and others at Kabariange helped the entire class of girls pass their secondary school exams in 2015, a powerful testament to the difference that community champions can make in the villages where we work.



Girls at Kabariange Primary School watch 4TGP Board Member Molly Secor-Turner demonstrate pads during an education session in Kabariange.



Girls listen to a talk on reproductive health during a pad distribution in Mikwani, Kenya 2016



# PARTNERSHIPS & EVENTS

## PINTS & PADS & GALLERY EVENTS ▶

Craft beer aficionados and seamstresses in Fargo, North Dakota joined forces for the fifth annual "Pints & Pads" event in March, which raised funds for 4TGP and North Dakota State University nursing students' medical outreach work in Kenya. Over 100 people attended, raising funds from cash donations, t-shirt sales, and beer proceeds! Thanks, once again, to the community of Fargo and to the Fargo Brewing Company for helping us raise awareness and funds for girls' access to education.

In Colorado, the work of For the Good Period was featured in a photography exhibit in Aspen. We believe strongly in the power of photography and storytelling to increase awareness about the barriers girls face to attain an education.



Portrait of Dorcas, a young schoolgirl from Mikui, hangs at the Aspen gallery exhibit in 2016.

## ROTARY CLUB PARTNERSHIP ▽

For the Good Period's work aligns with Rotary International's mission of providing service to others and advancing world understanding, goodwill, and peace through fellowship of business, professional, and community leaders. In 2016, we gave presentations to approximately 400 people in six different Rotary Clubs in

Colorado to raise awareness about the barriers facing girls in the developing world. We initiated a partnership with a Kenyan Rotary Club based in Chogoria, the base town for our work. In partnership, we will expand its work to reach an additional seventeen schools in Nithi County in 2017.



For the Good Period Executive Director Kayce Anderson and Kenyan Programs Director Millicent Garama with Rotarians from the Meru Rotary, 2016

## SHREDLY CORPORATE SPONSORSHIP

Colorado-based and women-owned mountain bike and lifestyle apparel company SHREDLY selected For the Good Period as its philanthropic partner in 2016. SHREDLY produces some of the most comfortable yoga and lifestyle leggings and women-specific mountain bike shorts on the planet and selects two non-profits each year to support with its philanthropy program. Fifty percent of profits from all sales of SHREDLY's "The Sonny" leggings will support 4TGP programs in 2016-2017.



## FUNDRAISER SPOTLIGHT: ELLA LINDENBERG ▽

Twelve-year-old Ella Lindenberg loves school more than nearly anything else in the world. When she learned there are girls in Kenya who are missing school due to simple lack of access to sanitary pads and underwear, she wanted to get involved and make a difference. Ella's solution? Find a way to raise funds to support our most immediate need prior to departing on the September 2016 trip to Kenya - underwear to go with sanitary pad kids. In two weeks, Ella raised over \$1000 to support our work in Kenya. She's also become an articulate and passionate speaker on this issue.



Portrait of Ella at For the Good Period's home office, Glenwood Springs, 2016

# SUPPORTERS/FRIENDS

Our donors give more than dollars. They strive with us to make this world more equitable. We, at For the Good Period are grateful for their trust and humbled to be partners in this journey.

## \$2500-\$5000

Lisa & Kenny Troutt

## \$1000-\$2499

Ramona Bass  
 Vivian Gordon  
 Isaac & Bethany Gregory  
 Ella Lindenberg  
 Linda McMahon  
 Louis Perrinjaquet  
 Lisa Raleigh  
 Heida Thurlow  
 Linda Turner  
 McNair Family Fund  
 (Jan & David)

## \$500 - \$999

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 Emily Kulland  
 Dan & Maeve Mosher  
 Meredith Ogilby  
 Carrie O'Malley  
 Mary Schlossman  
 Patricia Theobald

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 Jaime Stoess  
 Suzanne Stephens  
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 Ellen Temby  
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## IN KIND

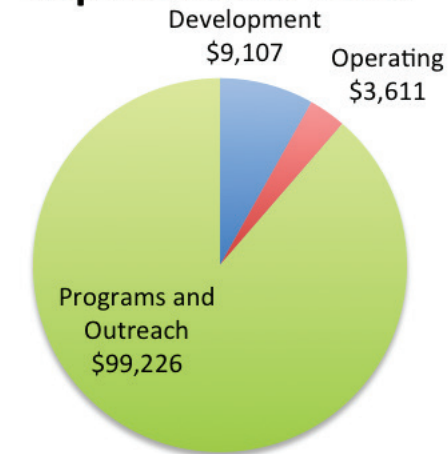
Casner Family Foundation  
 Draper White Photography  
 Kate Lapidés Photography  
 Thirsties Baby



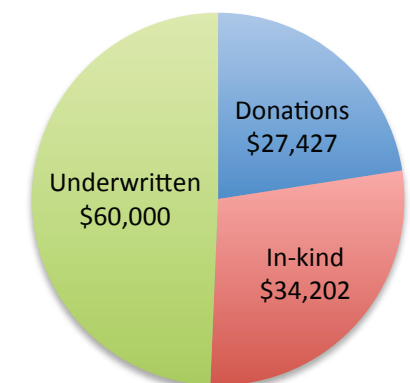
Women in Kaare listen during a community dialogue with For the Good Period staff, 2016

# FINANCIALS

## Expenditures 2016



## Revenue 2016



# BOARD OF DIRECTORS

2016

## SHARON SECOR

Sharon Secor has traveled in Kenya supporting schools, dental clinics and hospitals for over twenty years. Her extensive experience working on community development projects in Kenya and her connections to health professionals and government administrators is critical to the success of our Kenyan programs.



## MOLLY SECOR-TURNER, PhD, MS, RN

Dr. Molly Secor-Turner holds a joint appointment in the Department of Nursing and the Master of Public Health program at North Dakota State University. Her research on adolescent health and well-being from a human rights perspective in high-risk youth from rural North Dakota to rural Kenya brings critical insight to For the Good Period's approaches and reproductive health curriculum.



## JORDAN SCHULTZ

Jordan holds a master's degree in Social Work from the University of Denver. She is a passionate and powerful advocate for increasing access to health care and education for at-risk populations around the world and brings extensive experience in donor development in the non-profit sector to For the Good Period.



## KAITYLN SCHMITZ

Kaitlin Schmitz earned a master's degree in public health from North Dakota State University. She is currently a PhD Nursing student at the University of Colorado, studying biobehavioral science focused on adolescent health, sexuality, and human rights. Kaitlyn is the inspiration and drive behind our original fundraising events and has worked in Kenya alongside our staff and volunteers numerous times since 2013.



# ADVISORY BOARD

For the Good Period's work in Kenya is guided by both a U.S.-based board of directors and a Kenyan-based advisory board. We are deeply reliant on the skills, talents and wisdom of our Kenyan board to guide our work in Kenyan communities and ensure that it is respectful, community-driven, thoughtful and culturally relevant.

**PICTURED, FRONT ROW, L - R:** Millicent Garama, Sharon Secor and David Mbae

**BACK ROW L - R:** Nyaga, Gregory Munene, Molly Secor-Turner, Emis Gatwiri, Rebecca Mwentune, and Justice Murangu.

**NOT PICTURED:** Lucy Kajitica, Janis Karini, Jane Kiura, Eliphaz Mutegi, Gladys Rucha, Kellen Wanja



# STAFF

2016

## KAYCE ANDERSON, PhD EXECUTIVE DIRECTOR

Dr. Kayce Anderson has a PhD from the University of California, Davis. She applies her training as an ecologist to our work, combining evidence-based methods and community input to improve education outcomes for girls. Her deep passion and vision for gender equity in education inspired Kayce to found For the Good Period.



## MILLICENT GARAMA PROGRAMS DIRECTOR, KENYA

Millicent Garama brings extensive community health & development experience to 4TGP. A nurse with a masters degree in International Health from Queen Margaret University in Edinburgh, Millicent worked as a Kenyan Health Coordinator for Plan International for many years prior to her work with 4TGP. She also created the Faraja Family Resource Center to support vulnerable Chogoria families.



## KATE LAPIDES COMMUNICATIONS/OUTREACH DIRECTOR

Kate Lapides holds a bachelors degree in art and sociology, pursued advanced studies in documentary photography at the Salt Institute in Maine and has spent two decades photographing for humanitarian organizations around the world. Kate brings a deep passion for telling stories of people pursuing good in the world and a background in video production, printdesign, marketing, and social media strategy to 4TGP.



# JOIN US

*We have a lot of work to do. Lets do this together.*

For the Good Period's work has opened up opportunities for thousands of girls in Kenya. But we want to create opportunity for millions. We will not be content to be a drop in the bucket. There is too much at stake. If expanding access to education is important to you, please consider making a gift. All gifts, regardless of size, are deeply appreciated, and have the power to change a girl's life forever. You can donate through our website at

[www.forthegoodperiod.org](http://www.forthegoodperiod.org)

*Or mail to us at:*

For the Good Period  
1028 Palmer Ave.  
Glenwood Springs, CO. 81601

For the Good Period is a 501(c)3.  
EIN 47-1979734. All donations are tax deductible.

*Asante Sana!  
(Thank You)*

