




**PROJECT DIGNITY – SUBZ ACTIVATION**

<p align="center">   <b>Rotary</b>                  E-Club of                  South Africa One  <a href="http://www.rotaryclubsa.org">www.rotaryclubsa.org</a> </p>	<p align="center"> <b>PROJECT DIGNITY</b>  <a href="http://www.subz pads.co.za">www.subz pads.co.za</a> </p>
<p>About SUBZ Pads – Subs pads are washable pads and panties that can be re-used. The panty is made from 100% cotton and the pads made from 5 layers of specialised fabric.</p>	
<p><b>GOAL</b> - Eliminating regular monthly absenteeism from school</p> <p><b>KEY MEASUREMENTS</b> – Improved attendance and improved grades</p> 	<p>Sue Barnes created Subz in response to a request for the donation of washable sanitary pads and panties for the under-privileged girls in her area. Subz are panties to which sanitary pads can be clipped.</p> <p>The panty is made of 100% cotton knit, (130 – 140g) which allows the skin to breath. This is also an eco-friendly/green solution. The elastic has a standard non-woven rubber base, and won't stretch out of shape. The pad has 6 layers, the outer being the 100% cotton knit, water proofing, 3 layers of hydrophilic fabric and then the inner is a hydrophobic fabric.</p>
<p><b>We empower girls to take control of their future:</b> <b>Dignity</b> - The girls now feel proud of their bodies even during menstruation; <b>Education</b> - Now girls get to attend school more regularly which improves their attendance and grades; <b>Empowerment</b> - The girls now take back their power to make their own choices about their future; <b>Inspiration</b> - Successful business women speak to the girls at their schools and inspire them to greatness; <b>Joy</b> - Now the girls can be happy and laugh with their friends, enjoying their teenager years; <b>Growth</b> - The girls grow in confidence and education, making them feel strong and able to create a bright future</p>	
<p><b>Pack 2 - R150.00 - Various Sizes depending on ages of beneficiaries.</b>  <b>Description - 2 Panty, 6 Washable Pads, 6 Sealable Bags, 1 Drawstring bag</b>  <b>Pack 3 – R220.00 - Various Sizes depending on ages of beneficiaries.</b>  <b>Description - 3 Panty, 9 Washable Pads, 9 Sealable Bags, 1 Drawstring bag</b></p> <p><b>BENEFITS</b></p> <p>The panty is 100% cotton therefore allowing the skin to breathe. The elastic is non-woven rubber based and therefore will not stretch out of shape. The sanitary towel is absorbent and will hold up to 25 – 30mls of discharge. The sanitary towel is fully washable therefore reusable. The panty and sanitary towel are made of 100% cotton fabrics therefore will last a minimum of 3 to 5 years. The pad contains no gels or absorbent chemicals and is totally biodegradable. It is a “green peace” product, and being biodegradable will not clog landfills.</p>	

## SUBZ ACTIVATION AT JG ZUMA HIGH SCHOOL AND EKUTHULENI PRIMARY SCHOOL

On 6<sup>th</sup> March 2015 our Club completed the initial SUBZ distribution at Ekuthuleni Primary School when we handed out 370 SUBZ packs to the girls.

This was only made possible by a donation of R48 625 from the Rotary Club of Armidale Central, New South Wales Australia D9650. Our president at the time, **Irene Kotze** had sent a letter outlining the SUBZ project to our good friend, Rotarian **Alan Francis**, and he was the driving force that ensured that these funds were allocated to this project. The funds were raised by their club during their annual book fair which is co-ordinated by the hard-working **Ian Garskie** and the club president then, **David Gee** approved the donation.

As previously reported the reduction in absenteeism days by the girls at Ekuthuleni Primary School [EPS] during 2015 was an excellent 65%.

Adjacent to Ekuthuleni Primary School is JG Zuma High School [JGZHS] and most of the learners from EPS progress to JGZHS for Grade 8.

Our club considered and discussed at a GoToMeeting the possibility of providing the other Grade 8 girls at JGZHS with SUBZ packs in 2016.

Soon through the efforts of our member in Liverpool, **Michael Ferry**, a donation of R10 000 was received from the Rotary Club of Liverpool Garston Merseyside D1180.

Then after further discussions with Alan Francis we did a projection of what it would cost to provide all the girls at JGZHS with SUBZ packs as well as the additional requirement at EPS for 2016. The driving force at Armidale Central for this funding was their president **Gerald de Gabriele**, and an application for a District Grant was submitted by them.

On 24<sup>th</sup> November 2015 Alan Francis confirmed that a District Grant totalling R91 000 had been approved which meant that we could supply the 660 girls at JGZHS and the 50 additional girls at EPS with SUBZ packs. But, Alan added, the bad news is that the funds will only be transferred towards the end of February 2016.

**Sue Barnes**, as usual, got the production ball rolling. Mrs **Bongi Thusi** at JGZHS, who was the liaison, provided us promptly with sizes and booked the hall for 16<sup>th</sup> March 2016.

Eventually the big day arrived – in the meantime it was decided that we would link with our donors on GTM and just hoped that we would be able to connect.

The Aussie team joined us in full force – Alan Francis on one computer, his wife **Joy** on another and **Simon McMillan** on standby to fix any gremlins. Ian Garskie was on line as was retired high school principal, David Gee and of course Gerry de Gabriele.

**Kristen Currie**, their youngest member and the Club Youth Director, was also online. Our member, **Jerry Brown**, also joined the GTM and **Nokuthula Mvubu** went about ensuring that the EPS girls lined up in an orderly manner to receive their SUBZ packs.

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President **Jean Singh** was there to assist with the proceedings of the day. There were many highlights – the excellent presentation by Sue Barnes ably assisted by her demonstrator, **Janet**, the singing by the top school choir of JGZHS, Irene Kotze delivering a speech in Zulu, but by far the most important was when Alan Francis, from Australia, spoke to the girls. They have no doubt now who to thank for this life changing event.

**Merle Green**, a relationship manager from Nedbank, gave a talk about ways in which the bank could assist the girls in the future.

After the event we were approached by a lady who runs an orphanage for 120 girls from various schools enquiring whether we could assist them. We have requested more details. Then, Sue Barnes received a call from the mother of one of the JGZHS girls. She is the teacher at another school in Kwa Mashu who need SUBZ. We have requested further details from there as well.



Sections of the 700 girls listening to the presentation by Sue Barnes.

The hall had no lighting which resulted in fairly poor photographs.

We were extremely fortunate to find an electrical connection for the loud-speaker system.

The learners also had some interesting questions to ask after the presentation.



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Irene Kotze, Sue Barnes, Janet and Gerald Sieberhagen trying to decide what the best position would be for the GTM audio.



Irene trying to catch some sound waves while Sue speaks and Janet demonstrates – it was quite a challenge to find out just where to be to get the best image on the computer screen

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Various stages of the SUBZ pants and pads demonstration by Sue & Janet. This is an important part of the Project Dignity – SUBZ distribution ceremony and the girls would all, no doubt, have benefited from it.



**A learner asks a question.  
Right – Pamela Nzimande  
thanked Rotary and the SUBZ  
team.  
Below – the JG Zuma High  
School choir**



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Sue, Janet, teachers and Rotarians assisted with the handing over of the various sizes to the JGZ girls – quite a daunting task on the day



Irene Kotze and Nokuthula Mvubu calmly rounded up the Ekuthuleni girls and handed them their SUBZ packs.



President Jean Singh with Sue and Janet in their new SUBZ shirts

*A BIG THANK YOU  
TO ALL WHO ASSISTED  
IN MAKING THIS  
DREAM COME TRUE*