

BCHS Press Release: Let's Talk Periods: Share Your Story for Our Community's History



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Bemidji, MN – Half of the population experiences menstruation, yet it's still rarely talked about. The Beltrami County Historical Society is working to change that with "Women's History, Period. (The Evolution of Menstruation)," a special event happening May 26-31, 2025. As part of this program, we want to hear real stories from our community.

Did you have a problematic or funny first-period experience? Did you struggle to find products when you needed them? Have you noticed changes in how people talk (or don't) about menstruation over the years? Have you experienced symptoms of PCOS or other menstrual health conditions that were misdiagnosed or dismissed? Are you currently navigating menopause and reflecting on how your body has changed? Whether your story is personal, historical, or something you've witnessed, we want to help document and share our local history—because these experiences matter.

Why Share?

- Your story is part of our shared history and deserves to be remembered.
- Talking about periods helps break the stigma and makes life easier for the next generation.
- It's completely anonymous—we won't attach names unless you want us to.

How to Share Your Story

- Write it down or record it (audio or video).

- Email us at depot@beltramihistory.org
- Mail it to Beltrami County Historical Society, PO Box 1039, Bemidji, MN 56619
- Drop it off at the Beltrami County History Center, 130 Minnesota Ave. SW, Bemidji

In addition to collecting stories for this exhibit, “Women’s History, Period.” will feature a mobile museum exhibit, a virtual book talk with Abby Norman (author of *Ask Me About My Uterus*), and discussions on menstrual health with professionals from Planned Parenthood, the University of Minnesota, and more. We’re also organizing a community-wide period product drive and advocating for local businesses, government agencies, and nonprofit organizations to provide menstrual supplies in their restrooms.

Discussing periods hasn’t always been easy, but the more we share, the more we understand. Help us tell the real stories of menstruation in our community—because every experience is part of history.

For more information, visit beltramihistory.org or give us a call at 218-444-3376.