

The Bulletin

Vol. 28/Issue 2/Fall 2006

Raising \$100,000 - One Thousand at a Time

30 SMS supporters take the challenge – more needed to follow their lead!

Dear SMS Family,

Of the many things that make Seattle Midwifery School unique, the creativity of our community has to be at the top of the list. When we recently put the word out that we need 100 special people to help us meet our annual fundraising goal by raising \$1,000 each, the response was amazing. Since July more than 30 fun and sometimes challenging campaigns have already been launched!

Imagine a 93-mile non-stop run around Mount Rainier – gaining financial support for midwifery care every mile of the way! Consider having never produced a play in your life but taking on the challenge and filling the house to standing room only! Put yourself in the shoes of a doula's 11-year-old daughter who becomes the first one to reach \$1,000 after just one garage sale and writing letters to friends and family!

These are just a few of the efforts going into the *SMS 100 for \$1,000* campaign. The campaign goal is to raise \$100,000 in support of our midwifery, doula, lactation and childbirth education programs. As great as these campaigns are, we need your help!

(continued inside)



Thank You Kim Radtke!

The SMS Board of Directors sadly bade farewell to Kim Radtke this September, after four years of board service. Kim, a 1996 SMS graduate, began her service to the board in 2002 and has been one of the school's most active volunteers for years. From phone-a-thons to auction committees to assisting in the search for executive leadership for SMS, Kim has been tireless in her efforts to support the school and its many programs.

Kim most recently served as vice-chair of the board and led the school's new board member recruitment. In fact, Kim personally recruited most of the board's current members. A program coordinator at the Breastfeeding Coalition of Washington (a program of WithinReach), Kim will stay connected to SMS and is already helping solicit items for the SMS Auction to be held April 28, 2007.

"Kim has been a phenomenal voice for SMS, an inspiring board leader and an incredible support to SMS and the broader birth community," says SMS Executive Director Cheryl Murfin Bond. "We will absolutely miss her at our monthly board and committee meetings, but I have a good feeling she'll never get too far away from us. We owe a debt of thanks to Kim for her energy, enthusiasm and always-present 'yes!'"



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(100 for \$1,000 continued from front)

Meeting the school's annual fundraising goal is critical to our long-term success. That's why I urge you to consider hosting a 100 for \$1,000 campaign for SMS. It's a great, low-pressure, low-cost way to support these critical health professions and the SMS vision.

SMS staff members are ready to help you succeed and have already come up with a long list of fun, easy ideas for your campaign. And they are ready to support you in reaching your goal. Check out the incredible campaigns already in motion and campaign ideas at www.seattlemidwifery.org.



Kim Radtke reveals her true identity and lets the kids try on the doggie head at Silje Sodal's 100 for \$1,000 Mega-Playdate, which raised over \$1,200

One of the simplest ways to participate in 100 for \$1,000 is to purchase an SMS holiday card package. This simple holiday card carries the message to friends and family that you care about midwifery and asks them to send a donation to SMS in lieu of gifts to you or your family. It's a gift that gives twice – you receive the gift of knowing you are supporting our mission and our students receive the gift of your support.



If you can't run a campaign, be sure to support those who sign up! (See more campaigns on page 6.)

- Purchase Carrie Kenner's holiday desserts.
- Take home midwifery student Alise Robertson's cuddly baby hats – available at SMS or write to Lynn.
- And don't miss Joanna Barger's cocktail clothing swap at SMS on November 9! Bring a friend and clothes! Write or call Lynn for an invite.

Please help us reach our goal of raising \$100,000. Every dollar counts in the fight to make the midwifery model of care available to all women. Write to Lynn at 100for1000@seattlemidwifery.org or call 206.322.8834, ext. 112 today about your ideas or for more information on any of these campaigns! -Cheryl Murfin Bond, Executive Director

C. Murfin Bond

Breaking News!

Congratulations are in order for Midwifery Program Director, Mary Yglesia. Just back from the Midwives Alliance of North America annual conference, Mary was elected to the board of the Midwifery Education Accreditation Council (MEAC).

SMS faculty member and former executive director, Jo Anne Myers-Ciecko, is stepping down from her long-time position on the MEAC board and moving into a paid position as Accreditation Specialist at MEAC. Congratulations Jo Anne!

We are thrilled that Mary will carry on the tradition of an SMS presence on the board of this very important organization.

Words from the Chair

The past several months have been a busy time for the SMS Board of Directors as we have tackled new projects, welcomed two new members and said a sad farewell to one departing member. With an aggressive new fund development plan in place as part of the annual budget, members have participated in the 100 for \$1,000 Campaign, are recruiting others to participate, and are busy planning for the upcoming 2007 SMS auction on April 28th. Board members have also strongly supported the creation of a new Change Team, a committee dedicated to assessing cultural competency issues at SMS, assisting with a curriculum review and planning for anti-racist trainings for all students, staff, board and faculty. It is imperative to not only become more aware of the critical need for cultural competency at SMS and in the midwifery community generally, but also to actively work towards recruiting and supporting a more diverse student body.

Two new members have joined our ranks: Christine Riedy, PhD, MPH, is a midwifery consumer and also a researcher and educator in the Department of Dental Public Health Sciences at the University of Washington's School of Dentistry, and Caren Ott is a former MEP student with an interest in community organizing. In August, we bid a very fond farewell to Kimberly Radtke, who served as a dedicated and passionate advocate and board member the last four years. Kim's contagious enthusiasm, passion and absolutely astounding energy will be sorely missed on the board. Thank you, Kim, for all that you have done!

Silje Sodal

SAVE THE DATE!

Postpartum Mood Disorders
One-Day Training

Monday, March 26, 2007

9am – 4 pm

Location: Seattle Midwifery School
Talaris World Campus

Speak Up When You're Down

SMS to Offer New Workshop on Postpartum Mood Disorder Diagnosis and Treatment

Building on its work with the Washington State *Speak Up When You're Down* postpartum depression awareness campaign, Seattle Midwifery School will launch a one-day workshop on the diagnosis and treatment of postpartum mood disorders. This comprehensive course will be led by postpartum doula Heidi Koss-Nobel, chairperson of Postpartum Support International of Washington State. Koss-Nobel will collaborate with birth advocates Margie Bone, MD and therapist Rebecca Brava Silva, MA, MHP to offer an informative workshop covering a variety of topics, including:

- A review of normal baby blues, postpartum adjustment difficulties and postpartum mood disorders
- A review of the spectrum of pregnancy and postpartum mood disorders
- Concrete examples and a panel of client stories
- Impact on the family and marriage
- Impact on children
- Screening procedures
- Referral processes
- Proven social support techniques
- Proven therapy techniques
- Proven medical management techniques

Call SMS today if you'd like to enroll in the inaugural course and help Washington State child and family advocates raise awareness of the diagnosis and treatment of postpartum mood disorders.

PLEASE NOTE: Our new Doula and Extension Education Program brochure and schedule was mailed in August. Please let us know if you didn't receive one, and we'll be happy to send it. You can also view it online at www.seattlemidwifery.org/doula_education.htm.



Welcome New Faculty Sarah Huntington and Sharon Muza

Both Sarah and Sharon completed the Doula Trainer Course in September and will be

submitting their requests to become DONA International Approved Birth Doula Trainers in the near future. Sarah Huntington (above), LM, MPH, IBCLC is a licensed midwife, lactation consultant and doula. Sharon Muza (right), CD (PALS, DONA), ICCE, is a birth doula and an internationally certified childbirth educator. What wonderful additions to our stellar faculty!



The Northwest Association for Postpartum Support (NAPS) is holding its 10-Year Anniversary Celebration event on November 12th from 2-5pm at Vios on Capitol Hill.

If you are interested in attending, please contact Melinda Ferguson to RSVP, or receive an invitation. Tickets are \$30 ea. 425-876-5049, babymoondoula@verizon.net

Congratulations and thank you, NAPS, for your important work on behalf of women & families!



(Left to right) Back row: Kaley Kroschinsky, Jackie Degrow, Dana Wiebe, Bobbie Adkins, Carol Birdzell, Amy LaBuda, Aimee Stilts, and Nicole Coraggio. Middle row: Rhonda Grantham, Sabine Thomas, Kate Brien, Whitney Jewell, and Louisa Wales. Front row: Peggy Maudsley, Tina Tsiakalis, Tiffany Hoffman, and Jessica Forbes.

Welcome SMS Class of 2009

Our midwifery students come from such geographically diverse areas and bring a profusion of experience and energy from each of your communities. This year is no exception in the excellent group of women who have chosen to follow their path to midwifery at SMS. We are grateful to each of our students for choosing Seattle Midwifery School.

Bobbie Adkins (British Columbia)

I knew when I was nine years old that I would be a midwife one day - that day has been a long time coming. Now, I hope to be registered in British Columbia once my youngest child leaves home. I have four children and, luckily, a very supportive husband. It is an honour to be enrolled at SMS.

Carol Birdzell (Idaho)

I am originally from a small town in northeast Nevada and have lived in Boise, Idaho, for the last 7 years. I did some floundering and self-discovery for about a year after I received my BS, then stumbled upon midwifery. I am rather raw when it comes to hands on experience. I have been present for only 2 births, one with a friend, very medical in hospital the other as a doula for a beautiful natural birth at a local birth center. I am incredibly excited for the opportunity to become part of the SMS and midwifery community!

Kate Brien (Washington)

I grew up in Visalia and Alameda, California, and attended college at UC Santa Cruz where I studied health sciences and women's studies. I developed a fascination for biology and feminism at a young age and decided to follow the path of medical science with the focus of women's health. I

discovered midwifery my sophomore year at UCSC and began an internship with midwives. My path diverged from medicine last year when I realized my true love of midwifery and, shortly thereafter, applied for the midwifery program at SMS.

Nicole Coraggio (Washington)

I was born in Wisconsin and raised in Hawaii. I fell in love with Washington during a vacation and am in love still, four years later. I now live in Fall City with my husband Francesco and our three children: 21-month-old Naomi, 4-year-old Anthony, and 6-year-old Rebecca. My journey to the midwifery culture brought me through a hospital birth, a birth center birth, and finally a wonderful home waterbirth attended by SMS graduate Ann Olsen. I look forward to becoming a midwife and helping other women have the wonderful birth experiences they desire.

Jackie Degrow (Washington)

I was born in California but consider my childhood to be in two parts, the first being in Port Huron, Michigan, and the second in Bainbridge Island, Washington. Shortly after graduating from high school, I moved to the other side of the water and settled on Capitol Hill. After completing three years of college, I took a two-year hiatus from the world of academia. Married in July, my husband and I along with our two cats continue to live on the Hill. My interest in the medical field and my ability and desire to serve and connect with people has led me to my studies and eventual career in midwifery.

Jessica Forbes (British Columbia)

I'm thrilled to be starting the SMS midwifery program with women who share my passion! I've been an aspiring midwife for over 10 years. It's been a slow process to get to this stage. I did a midwifery internship in El Paso, Texas, and it was amazing. After witnessing my first birth it was reconfirmed that midwifery was indeed my calling. I am currently a flight attendant for WestJet and a crisis line worker at the women's sexual assault centre here in beautiful Victoria, British Columbia. It's a pretty exciting time in my life to finally be pursuing my dreams!

Rhonda Grantham (Washington)

I am constantly reminded of the power of traditional birth wisdom. As a Native woman and licensed midwife, I hope to share the gifts of traditional foods, herbs and medicines as each family plants the roots of the next generation. To prepare me on this journey, I am thankful for the lessons I have learned these last 10 years as a social worker, birth doula and childbirth educator, including co-creating a unique childbirth education program for teen mothers. Walking beside me each day is my sweet newlywed husband, Craig, and my beautiful and powerful 7-year-old daughter, Oceanna, who was born in the water with loving, home-birth midwives.

Tiffany Hoffman (Nevada)

I currently work as a massage therapist and am certified in perinatal massage. My background is in sports

New Midwifery Program Faculty

2004 SMS graduate and mother of two, Melissa Denmark, MA (Anthropology), LM, CPM is co-teaching Well Woman Health and Assessment this Fall quarter. (See "New Books," page 7.) Also new to the faculty this fall is former Admissions Coordinator for SMS, Stephanie Safholm, MA, certified doula and childbirth educator. Stephanie is co-teaching Education Skills. Teaching with Stephanie is Erin Curtiss, who graduated from SMS and received her bachelor's degree from Goddard College in 2003.



Stephanie Safholm



Ali Toperosky

Ali Toperosky, LM, CPM, and Valerie Sasson, LM, CPM, are co-teaching Midwifery Care 7 this fall. Ali graduated from SMS in 2000, and is a recent president and co-chair of the Quality Management Program of the Midwives Association of Washington State. Valerie is a 1999 graduate of SMS, and both are co-owners of Puget Sound Birth Center.

medicine, but the birth of my daughter turned an interest in birth into a passion (some would say obsession), so here I am at SMS. I am mother to the most intelligent, most beautiful, funniest child on earth (as all mothers are). I look forward to meeting and learning from all of you amazing women.

Whitney Jewell (Washington)

I am a birth and postpartum doula and am trained in childbirth education. I earned a BA in Scandinavian area studies from the University of Washington and wrote my senior thesis on sex education. I also work as a volunteer doula for University of Washington Medical Center. I spend my free time doing various outdoor activities (dirt biking, gardening, hiking, camping, target shooting, archery, fishing...) and some domestic arts (sewing, baking, knitting, jewelry making). I would like to someday have a rural midwifery practice near Gifford Pinchot National Forest.

Kaley Kroschinsky (British Columbia)

I feel very passionate about the women's health movement and I have known for many years that I want to be a part of it. The last few years have been full of my own spiritual contemplation, and I now feel ready to come

Traci Mitchell, PharmD, a Critical Care Pharmacist at Swedish Medical Center who teaches pharmacy students, nurses, surgical residents and physicians about medication therapies, will be teaching Pharmacology and Treatments 1 in winter quarter.

Overseas Clinical Rotations

One of the great opportunities SMS offers its students is the chance to work as a midwife in a foreign site.

These clinical rotations are once-in-a-lifetime opportunities for students to learn as well as serve women from other cultures. This past summer, two students participated in clinical rotations in the Philippines. Melanie Dickson and Melanie Parsons traveled to Mercy Maternity where they worked at the birth center and participated in more than 59 births. Angela Schaefer is in St. Lucia for the month of October working at Victoria Hospital in Castries.



Melanie Parsons with a mom and baby at Mercy Maternity in the Philippines

into the professional world as a midwife. I hope to make yoga, herbs, diet, mental health, etc., an integral part of my midwifery practice. I want my love for the natural world to shine through for my patients.

Amy LaBuda (Ohio)

I live in Cleveland, Ohio, with my almost-5-year-old daughter. I have a background in philosophy and wilderness education and am excited to be joining this community at SMS.

Peggy Maudsley (Washington)

I am a labour and delivery nurse here in Seattle, originally from Edmonton, Alberta. I went into nursing already knowing that I wanted to be a midwife, but it was not a realistic option at that time. My main focus has always been to help my moms get whatever they want out of their births, and I am glad I have had the last 5 years of hospital experience in which to do that. I am so looking forward to the rest of my career spent doing that at home births!

Aimee Stilts (Washington)

I was born almost 33 years ago in Bellingham, Washington, and live there still with my husband and two of my

(continued on page 6)

(Student Bios continued from page 5)

children, ages 7 and 9. My third, a sophomore in high school this year stays with us part time. I've been attending births for 5 years as a labor support person, and now I am very excited to be walking my path toward midwifery. My dream is to become fluent in Spanish and work with underserved Spanish-speaking communities.

Sabine Thomas (Washington)

I am extremely privileged to be here at SMS. I speak French or English on a daily basis from my Haitian/Congolese cultural background. In 2000, I moved from a very diverse and vibrant Queens, New York, to a not so diverse yet beautiful and peaceful Kenmore, Washington, to pursue a degree in naturopathic medicine and midwifery at Bastyr University. So, after a serendipitous encounter during a great postpartum class and a few years of planning, here I am at SMS! I work as a health educator, labor support doula, postpartum doula, and massage therapist. I am 31, full of spirit and life—constantly a sponge for both. My ultimate goal is to use the skills gained from SMS and Bastyr University to work in international maternal and child health.

Tina Tsiakalis (Washington)

I was born to Greek immigrant parents in Boston. I earned my BA at Harvard before moving to Seattle in 1992 and going to work for Microsoft. Impressed and inspired by my childbirth education instructor, Penny Simkin, I became a

doula after the birth of my son in 2000. In 2003 I had the wondrous experience of giving birth to my daughter at home. I served on the board of directors for Great Starts for several years. I am looking forward to joining the ranks of midwives. My son Zach (6) looks forward to someday attending a birth!

Louisa Wales (Washington)

I'm Australian by birth, American by marriage, and mother to two boys (4 and almost 2). We live on Bainbridge Island. My background is in higher education and study abroad but after having babies the "normal way," I decided I need to be part of something more extraordinary. I'm particularly interested in the feminist dimensions of midwifery and in working with the women of remote communities in Australia and the third world one day. In the meantime, I'm excited to be starting this journey alongside such an extraordinary group of women!

Dana Wiebe (British Columbia)

I'm Canadian and greatly appreciate the beauty of nature. I am a birth doula. I have worked with teens and women with health care needs in Central Asia. I view woman as the ultimately beautiful creation - mind, body, spirit. I want to see women believe in their body's ability to birth a baby normally and naturally in a setting of safety and trust. My husband, Greg, and I were married in March and recently moved from Manitoba to British Columbia. We look forward to being involved in humanitarian aid internationally.

Support our 100 for \$1,000 campaigns!

Buy a chance to win Lois' quilt

Have a new baby or pregnant mama in your life? Stop by the school or send an email to 100for1000@seattlemidwifery.org to buy a \$10 raffle ticket for a chance to win this quilt.

Help fund prenatal care for a woman in need

SMS graduate Janette Gyesky is providing her midwifery services at no cost to a woman in her community of Bend, Oregon. Please recognize Janette's wonderful contribution by sending a check to SMS in Janette's name. Just write her name on the note portion of your check.

Suzy Myers, midwife and instructor extraordinaire turns 50-something (we won't tell!)

For her birthday on December 3, Suzy is asking friends, students, colleagues and clients to make a donation to Seattle Midwifery School in her honor. Send your check to SMS and write "Happy Birthday Suzy" in the note area.



Lois Thetford's lovely baby or children's quilt is backed with a plush flannel material so cozy for you and your little one. The predominant colors are blues and purples. Full color photo at www.seattlemidwifery.org/sms_100.htm.

Support SMS' tree-saving program - use this envelope!
Rather than toss the envelope provided, use it to support these or any of the fantastic 100 for \$1,000 campaigns listed at www.seattlemidwifery.org.

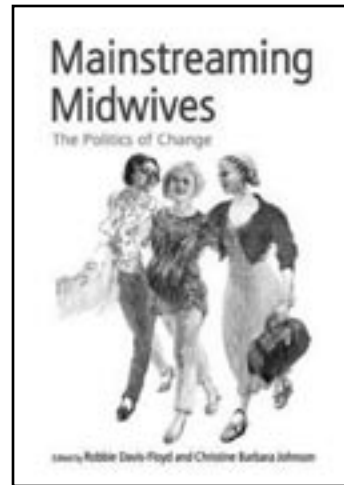
Use your purchasing power to help support SMS

Thanks to many of you who already click through the SMS web site to Amazon to buy your books. These purchases are already bringing in modest but consistent donations. If you haven't tried this yet, go to Amazon *by way of the SMS web site* to look for all those great new books you want to add to your library. Just click the Amazon logo from the SMS site, and for any purchases you make (not just books), a portion of the purchase price will come to SMS.

amazon.com.



Next, visit iGive.com/SMS, to find out how you can purchase from over 650 of your favorite online retailers, all of whom will donate a portion of the purchase to SMS. Choose from companies like REI, Land's End, Dell, and the Apple Store to name a few. A printable flyer with a full list is a click away on www.seattlemidwifery.org.



Mainstreaming Midwives: The Politics of Change

Congratulations to SMS graduate and faculty member Melissa Denmark for her contribution to the new book, *Mainstreaming Midwives: the Politics of Change*, edited by Robbie Davis-Floyd and Christine Barbara Johnson. Melissa authored the chapter entitled,

“The Governor’s Full Support: Legalizing Direct-Entry Midwifery in Florida.”

From the publishers:

“In *Mainstreaming Midwives*, a team of reputable contributors provide great insights into midwifery. They describe the development of nurse- and direct-entry midwifery in the United States, including the creation of two new direct-entry certifications, the Certified Midwife and the Certified Professional Midwife, and examine the history, purposes, complexities, and the political strife that has characterized the evolution of midwifery in America.

Including detailed case studies, the book looks at the efforts of direct-entry midwives to achieve legalization and licensure in seven states—New York, Florida, Minnesota, Iowa, Virginia, Colorado, and Massachusetts. It studies core issues that produce problems in mainstreaming midwives, including the tensions between the social activist midwifery movement and midwives’ professionalization projects, ‘renegade’ midwives who practice outside of state protocols, and home-to-hospital transport. The conclusion describes barriers to the growth and prospering of American midwifery and efforts to overcome them, focusing deeply on why midwives matter to American birthing women and arguing that midwives should be the primary caregivers in this country for pregnancy and birth.”



The Birth House, a novel by Amy McKay

In this engaging story of birth, life and death in a remote Nova Scotia village in the early 20th century, Canadian author Amy McKay describes her work as a “literary scrap-book.” She reproduces and recreates journal entries, letters, advertisements and news

clippings from the era to give voice to the heroine, Dora Rare.

Dora grows up under the tutelage of Marie Babineau, an Acadian midwife who identifies Dora as her successor to become the caregiver for the town’s mothers and babies. Miss Babineau and Dora’s future is threatened when a medical doctor sets up a practice in a nearby city and sets out to convince everyone in the village that the midwives’ methods are antiquated and that he can offer everyone safe, painless childbirth. A battle ensues between Dora and the doctor, as Dora and some of the women in the village, struggle to maintain their right to choose how they will give birth and other traditions of the rural midwife.

The Birth House has drama, love, sex, birth—a fun and easy read for anyone interested in women’s health, midwifery and birth in an historical and cultural context or just a great story!

We need Adventures, Experiences, Romantic Getaways, Nights on the Town

Help make this the greatest auction ever (April 28, 2007 at the Museum of History and Industry) by donating an item or helping with procurement.

Call 206.322.8834, ext. 112 to donate now.

AUCTION DATE SET!

SMS Annual Auction "History in the Making"

When: April 28, 2007

Where: Museum of History and Industry

Time: Silent Auction begins at 5:30

Have an item to donate? Want to help us find great auction items? Call 206.322.8834, ext. 112

Don't miss this great evening of celebration, fun and fabulous auction booty!

Upcoming Doula and Extension Education Classes

Postpartum Doula Training -
Mar 16-17 and 30-31, 2007

Labor Support Course -
Dec 5-6 and 8-9, 2006
Jan 6-7 and 13-14, 2007
Feb 2-3 and 9-10, 2007

Professional Education in Breastfeeding and Lactation -
Jan 3-5 and Jan 8-10, 2007

Advanced Practice in Breastfeeding -
Apr 26-28, 2007

Childbirth Educator Training -
Feb 2-4 and 23-25, 2007

Writing for Birth Professionals Online - Winter quarter
Basic Nutrition Online - Winter quarter

For more information, visit www.seattlemidwifery.org/doula_education.htm. To register, contact us at info@seattlemidwifery.org or 800.747.9433.



Earrings

Our beautiful lady logo is now available as sterling silver earrings for only \$25! Visit www.seattlemidwifery.org/retail.htm for ordering information.

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Brighten Your Office with the SMS 25th Anniversary Poster!

You can still order our beautiful limited-edition poster with artwork by Marlene Rudginsky. Now only \$10 (plus \$5 shipping and handling). Call us or visit www.seattlemidwifery.org/retail.htm to see the poster in full color and get ordering information.

The SMS Mission: Educating and inspiring leaders in childbirth professions