

The Bulletin

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A BOLD Achievement

Hundreds turn out to see the play Birth, by Karen Brody

SMS alumna, midwifery advocate and Pregnant In Puget Sound founder Lynn Hughes made a bold achievement of the Birth on Labor Day (BOLD) campaign and its associated production of the Karen Brody play *Birth* in September. Hughes and her team of 10 actors—including doula trainer and author Penny Simkin who was featured in the gala opening show—staged eleven productions of this thought-provoking play throughout Western Washington. Their goal? To raise awareness of women's birth experiences in America today.

Playwright Brody wrote *Birth* after interviewing 118 women across America about their birth stories. The play tells the story of eight of those women, representing the spectrum of experience among low-risk, educated, birthing women in the US today.



The cast of Birth, by Karen Brody, celebrate the powerful fourth birth of the character Jillian.

BOLD Seattle was produced by Pregnant in Puget Sound, Hughes' Washington non-profit organization dedicated to raising awareness about maternity issues and providing educational opportunities for childbearing women in the Puget Sound area. The shows were sponsored by SMS, Baby Diaper Service, Great Starts and Big Belly Services. Thanks to Hughes and all sponsors for a BOLD achievement!



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SMS Installs State-of-the-Art Student Information System

After years of cobbling together Excel spreadsheets and other basic office software to keep SMS students on track and their personal, academic and clinical information safe and current, the school recently purchased and installed its first professional Student Information System. The GradPro system brings SMS into the same league as other colleges and institutions of higher education. It will also allow us to have all our information, including donor information, in one secure database.

The purchase of the new program was made possible by the generous gifts made during the SMS annual auction in April. That night, donors gave nearly \$15,000 toward this critical need.

Reviewing the many features of the new system left some SMS staff members in tears. Literally. "It is amazing to see all the tracking details that we used to spend hours and hours hand-carrying from one program to another now pop up at the touch of a button," says Mary Yglesia, Midwifery Education Program Director. "Some donors might not find that very 'sexy,' but I can tell you that we in the program are thrilled. Our old system was antiquated and falling apart and I am so thankful to our donors for understanding and filling this need."

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SMS Alumna Karen Hays Trains Midwives in Liberia



SMS alumna midwife Karen Hays with two children from Grand Cape Mount County

Robertssport, Liberia, does not have plumbing, sewer systems, phone lines or Internet connections. Everything was destroyed during the civil war—even the hospital and the airport.

Houses in this small town in Grand Cape Mount County (GCMC) are constructed from pieces of tarmac from the now abandoned airport and other scraps of materials from bombed-out buildings. Liberia does not have a public transportation system, so travel between locations is difficult. The residents in the community are attempting to rebuild, but the chal-

lenges are daunting.

This was Karen Hays' destination last November. Hays traveled to Liberia to help train 23 midwives in birthing techniques, safe practices and prenatal care. Hays spent the first month of an intensive three-month training course with the women—many of them from small fishing and farming villages—encouraging them to wear gloves, advocate for women's issues and act as liaisons between the local community and the health care system.

"It is inspiring to see village women who have never been to school and may not get paid for their work, step up to the plate to rebuild their society one woman at a time, one baby at a time. Their work brings hope to the community because what they want most is to make a difference," Hays says.

Children under five in GCMC have one of the highest rates of death and illness in the world. The closest hospital is in Monrovia—three hours away by car, and inaccessible to people in rural areas

who don't have transportation. Many women choose not to go to the government-run clinics. For some it is too far to travel. Others arrive but don't find the help they need, as the clinics lack necessary medicines or do not have a certified midwife available. Traditional midwives in the community become the difference between health and illness, life and death. In partnership with the Liberian Ministry of Health - Family Health Division, Medical Teams International certified 23 women as trained traditional midwives. The women ranged in age from late 20s to 60s and varied greatly in experience and knowledge. Only one in four of their own children are still alive today.

"I borned five children and one is living," one woman said as she introduced herself. In Liberia, it is very common for children to die from preventable diseases like malaria, diarrhea and pneumonia.

To read more about Hays' experience, visit the Medical Teams International web site at www.medicalteams.org/karenhays.

Make a Difference: Join the SMS Board!

The Seattle Midwifery School Board of Directors needs YOU! The Board is now accepting applications for four positions as several long-time members complete their terms.

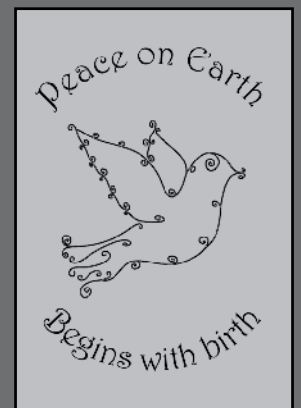
The Board of Directors is responsible for the visionary and strategic momentum of the organization as well as providing oversight to the Executive Director, representing the interests of the community to the school, and representing the school to the public at special events.

The SMS Board is a fabulous, committed group of volunteers who value midwifery, doula and other childbirth professional education and are dedicated to keeping the Midwives Model of Care healthy in America. It's a great place to learn the ins and outs of nonprofit business, expand your leadership skills and capacity, and make a difference in the lives of students and birthing women.

All open positions are two-year terms. Board members can expect to spend eight hours per month involved in board activities both online and in person. Board meetings are held monthly on the fourth Wednesday. If you are an attorney, accountant, media or marketing specialist, midwife, business person, educator, lawmaker, or simply have time and energy to share, please consider joining the board. It is the heart and soul of our community.

To learn more, contact SMS Board Vice-Chair Christine Riedy at cariedy@msn.com or 206.528.7897.

Use SMS Greeting Cards!



Give the Greeting Card that gives twice during the upcoming winter holidays or any time of the year!
10 cards/envelopes for \$12!

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When Survivors Give Birth Training is Back!

The extension program will offer two back-to-back day-long workshops with area pioneer Penny Simkin

She wrote the book! Now author, doula and physical therapist Penny Simkin is bringing the training “When Survivors Give Birth” back to Seattle.

In January, Simkin will offer two essential workshops on this topic, starting with *Healing the Effects of Early Sexual Abuse on Childbearing Women* on January 25, followed by *More than Coming Out of Birth Alive* on January 26. These workshops provide vital information for all health professionals working with survivors of sexual birth in the childbearing year.

Approximately one in four women have experienced early sexual abuse. At the same time, one third of women suffer in labor and describe their births as traumatic. Together these workshops explore the physical and emotional challenges that a sexual abuse history may bring to childbirth, and ways the practitioner can better assist women in the journey to healing. You will learn a counseling approach to reduce flashbacks, pain and birth complications and gain extensive practical guidance to improve a woman’s relationships, self-help measures to allay fears, counseling and psychotherapeutic techniques to minimize the effects of abuse on childbearing and promote healing. The course will give clinical care practitioners suggestions to modify practices, specifically pelvic exams, to reduce anxiety.

Content is sympathetic to survivors at an intensely vulnerable time, and to their caregivers, who may be puzzled or frustrated by the unique needs or actions of their clients.

Continuing education contact hours pending. Attend both days and save! Tuition: both days \$275; one day \$150. Register today by calling 800.747.9433 or online at www.seattlemidwifery.org.

What’s In a Name?

Extension Education Program to be renamed

The upcoming year brings with it many reasons to celebrate, not least among them the 20th anniversary of the Labor Support Course (Birth Doula Course) at SMS and the 70th birthday of its founding instructor Penny Simkin, PT.



In honor of Penny’s tireless work on behalf of women and their families as well as aspiring doulas, the SMS Board of Directors has announced the school will rename its Doula and Extension Education Program in Penny’s honor and in recognition of two decades of our doula training success.

What will the new name be? We need your ideas! We are eager to hear from our supporters about this momentous change, particularly those whom Penny has trained or served in her many years of service. *If you have a name that you think fits the program and Penny, email Cheryl Murfin Bond at cherylbmb@seattlemidwifery.org.*

Honor Penny with a Gift in her Name

A name change is a once in a life-time opportunity to honor someone of such importance to the community. Be part of this change by making a special donation in honor of Penny’s birthday and the birthday of the Labor Support Course. Penny will receive a birthday gift with the name of every donor who has chosen to honor her in this way. All funds raised will support Penny’s passion for the future training of doulas.

Stay Tuned

Be sure to stay stuned to upcoming SMS e-news editions and The Bulletin for information on our Penny Birthday Bash & Program Renaming Celebration in early 2008!



Did You Get Your Extension Education Schedule?

Our new Doula and Extension Education Program brochure and schedule was mailed in late 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, SMS Class of 2009!



The SMS Class of 2009. Top: Griselle Rodriguez, Kate Saumweber, Jenny Morgan; Middle: Sara Grundle, Bridget Carnahan, Adriann Walker, Grace Jeun, Kyla Wheeler. Bottom: Tonya Dunaravich, Mandy Reid, Shelbi Cassel; Not pictured Adria Dobiash

Bridget Carnahan

I'm 33. I am a mom to Cailleach, my 10-year-old daughter. We live in Olympia. I became seriously interested in midwifery when I was about 19 and put a lot of energy into learning about birth for a couple years. When my daughter was a baby I decided to put midwifery education on hold for awhile and am now at the point where I feel ready to take the midwife path. In addition to parenting I have run a goat dairy (lots of birth there!) and worked for the state in environmental policy. I love to be in nature, camping and going for walks. I like to read novels and travel. And I really enjoy making food with friends and finding connections with people.

Shelbi Cassel

I am 31 years old, have been married to Jon for 11 years and have two beautiful children, an 8-year-old spirited son named Ian, and a remarkable caring 6-year-old daughter named Ani Luna. I moved to Washington five years ago with the intention of going to SMS after much research into schools. But, when I arrived I didn't have any of the prerequisites done and had two very small children. So, I went to Skagit Valley College and took the classes necessary for the nursing program. They were identical to SMS's requirements and allowed me some options. I stayed and completed the first year of nursing

school. I am currently completing the last of my coursework for my LPN and will be taking those boards. Birth is my passion since I came across a book put out by the Farm called "Hey Beatnik!" which was a manual for how to put together an intentional community. In the back was a section on midwifery and birthing instructions. It lit a spark in me that led to a journey that has led me here. I just completed the doula course at SMS last week and it was so positive and a very good warm-up for the knowledge to come.

Tonya Dunaravich

I am a Washingtonian who grew up in a liberal family in Duvall and Anacortes. I also spent a formative year in Croatia from ages five to six where my mother was doing an anthropological study on childbirth. Snowboarding, hiking, rock climbing, soccer, and Lithuanian folk dancing are some of my favorite leisure pursuits. I highly value my incredibly supportive network of family and friends. I have chosen to pursue the art of midwifery because it embodies the fundamental nature with which I face the world.

Sara Grundle

At the age of 27, I became a birth doula in Vancouver BC. Working with both paid clients and high-risk youth was wonderful, but it was especially rewarding to work with young women who truly needed my help. It was after assisting in my first volunteer birth, that I knew with utmost certainty that I was to become a midwife. Other interests that I have include sports and marathon training. I completed several half marathons and a full marathon in May 2006. After pursuing midwifery studies, I plan on opening a practice in Vancouver and then pursuing my two loves - delivering babies and pushing my mind, body, and soul to the limit.

Grace Jeun

I am from Canada (Coquitlam BC). Ever since I was in high school, I wanted to deliver babies as a profession. After realizing the amount of positive impact that doulas and midwives can have on a woman's birthing experience, my heart was set on becoming a midwife. I have a Bachelor of Science in kinesiology from Simon Fraser University and worked as a Registered Kinesiologist for a year after graduation. I also enjoy swimming and played water polo for SFU.

Jennifer Morgan

Please call me Jenny. I am 30, an Aries and a vegetarian since the age of 16. I married my high school sweetheart John. Now, I am the mother of three daughters ages 11, 8 and nearly 7. All were born at home. With the first, I was only accompanied by my husband and with the other two I had a CNM. Now the

New Midwifery Program Faculty

New SMS nutrition instructor Jennifer Adler, MS, CN is unique in that she regularly travels around the globe to learn the most promising new techniques and time-honored practices in agriculture and meal preparation. To her, food isn't just fuel; it's part of our culture and our history. Her passion for all aspects of nutrition, from seed to soil to plate, is evident whether she's in a private counseling session or in front of a class of 50.



Jennifer Adler

Currently, Jennifer provides individual and family nutrition counseling at her private practice, Realize Health, in Seattle and is an adjunct faculty member at Bastyr University. She also develops and delivers nutrition and health and wellness classes all around Puget Sound for diverse audiences at corporations, natural food markets, sports organizations, and schools. Her inclusive and refreshing style has been recognized by students all over the Seattle area and her classes are frequently standing-room only.

Jennifer holds a Master of Science in clinical nutrition and counseling from Bastyr University, a graduate certificate in

spirituality, health and medicine and a bachelor's degree in Psychology. She trained at the School of Natural Cookery in Boulder, Colorado, one of the most respected schools of its kind in the nation. She also has extensive training in Ayurveda and whole foods preparation, and is licensed by the State of Washington as a Certified Nutritionist.



Wendy Hughes, LDM, CPM will take on Midwifery Care I this year, a critical core course for new students.

Wendy graduated from SMS in 2005. She received the Jo Anne Myers-Ciecko Award for Outstanding Scholarship and Leadership at graduation for her academic leadership as well as her volunteer work for the school. Since then, Wendy has joined a vibrant practice in Portland, Oregon, and continues to serve on the SMS Board of Directors. She has been an SMS teaching assistant and has tutored other midwifery students to success. She serves as a member



Wendy Hughes

of the Midwives Association of North America Division of Research. Before entering midwifery, Wendy was an engineer, recruiter and human resources manager – all skills she has used to support the school.

CNM has asked me to be her assistant. Luckily, I have had the opportunity to participate in a few prenatal visits and witness a few births. I recently graduated with my BA in anthropology and I hope to learn more about birth across cultures. I live in the foothills of California, near Yosemite National Park, and enjoy spending time with my family at the beach, on the boat or at the cabin. Over the next three years I will be transitioning into my CNM's practice as she transitions out. Then, I hope to practice as a midwife for several years, be active in the women's rights issue, the right to choose homebirth, attend births in cultures other than my own, hopefully go back to school for my PhD in anthropology and eventually share with others what I have learned in the form of teaching and publishing.

Amanda Reid

My name is Amanda (Mandy for short) and I live on the beautiful Sunshine Coast of British Columbia. I work as an RN and also at the Iboga Therapy House for treatment of substance dependence. My midwifery path began when I finished my BS in Biology and was curious about what was really going on in the world. I lived with a family in Mali, West Africa and volunteered at the little local maternity facility. Since

then there has been no going back. I've worked for a women's organization in India, and got my nursing degree from UBC. I did some practicum in Ghana. For the last two winters I have worked with Robin Lim at the Bumi Sehat Clinic in Bali, Indonesia. I like to pass my time sewing leather and fabric, doing yoga, riding my bike, wildcrafting, making tinctures and medicines, gardening, dancing and kayaking. I live with my partner and beautiful kitty and am looking forward to linking in with many women who share my passion and with whom I will work and grow.

Griselle Rodriguez

I'm Griselle L Rodriguez. I'm Puerto Rican. My first language is Spanish, and English the second one. I'm a medical interpreter. I interpret for doctors and medical staff. I love to help people. I have two degrees and midwifery would be the third one. I found last summer (2006) that I like to assist patients and doctors during labor and delivery. I believe that a new life makes everyone happy, even if I'm at the delivery room translating. I love children and mothers-to-be. I have an identical twin sister. She lives in Puerto Rico, but we talk on the phone every single day. My dog Yiyo is a great Chihuahua dog – loyal and faithful.

(continued on page 6)

(Student Bios continued from page 5)

Kathryn Saumweber

I was born and raised in St. Paul, Minnesota. The notion of homebirth midwifery didn't find me until my time at Ithaca College in New York about four years ago. However, as soon as I discovered that homebirth midwives still actually exist, I instantly knew it was my life's calling. I completed my BA in vocal performance with minors in women's studies and integrative health studies, and immediately applied to SMS; nothing before has filled me with such drive and passion. Other than being excited about midwifery, in the past year I have been cantoring at Catholic churches, assisting with ECFE classes (baby music classes), nannying for a wonderful 14-month-old little boy, assistant conducting a high school choir, teaching some voice lessons, and soloing with a church choir that brought me to Italy last month. In my free time I enjoy rock climbing, being creative, and traveling.

Adriann Walker

I'm from southern California - Huntington Beach originally. I have always enjoyed working with people and for a while entertained the thought of becoming a doctor, but felt that there was so much more that needed to be done, both in general of the medical system here in California and in my own world. I have always flipped back and forth between my artistic side and my sensible side and, after reevaluating myself and my surroundings, midwifery called and here I am. I can't wait to start. As for my leisure time, I enjoy singing, photography, hiking, horseback riding, painting, crochet, reading, and the occasional analytical argument/conversation.

Kyla Wheeler

I live in Seattle with my husband and 3 kids, aged 13, 10, and

8. Over the years I've worked as a piano and voice teacher, pianist/vocalist, choir accompanist, CNA, and currently a bartender. I grew up in a small town, and all my kids were born in the hospital there. I wish I had had more options available to me. My birth experiences, both good and bad, have led me to pursue midwifery. I would also love to work with teen moms, as I was one myself.



In Memory of
Anne MacInnis,
Class of 2009



The new academic year was clouded with some sadness as we learned that one of our incoming freshmen, Anne MacInnis passed away, the victim of an auto accident.

Anne shared with her classmates that she was, "completely brimming with excitement" to begin her education at SMS. We in turn, were brimming with hope and belief in Anne's calling. Anne is survived by her partner, three young children and two dogs. Our heartfelt condolences go out to her family.

In her student biography, Anne described herself this way: "Nourishing mind, spirit and body with beauty, truth and exceptional food are my favourite hobbies. I have been at home with my children full time and I have enjoyed the education they have provided me. Peace on Earth begins with Birth. Amen."



Maddy Bond, age 12, will host her 100 for \$1,000 Campaign event in April 08 — a garage sale to benefit SMS. Email cherylbmb@seattlemidwifery.org if you have items to donate or want to help.

100 for \$1,000: An easy way to contribute big

It's that time of year again! SMS launched its annual *100 for \$1,000 Campaign* in August and is looking for enthusiastic participants to help make this year the best campaign ever. As part of the 100 for \$1,000 Campaign, participants come up with unique and fun ways to each raise \$1,000. Last year, one participant staged the play *Birth*. Another hosted a community-wide garage sale. One SMS student took a loooong run around Mt. Rainier for pledges. If you have a great idea and a little time, contact Cheryl Murfin Bond at 206.322.8834, ext. 103 or cherylbmb@seattlemidwifery.org.

Save the Trees, Support Our Students!

Don't toss the enclosed donation envelope — use it today — and pass this issue of *The Bulletin* on to someone who believes in our vision of a world where every family has access to care, education and options, contributing to a safe and joyous pregnancy, birth and postpartum.

Book Review

Pushed: The Painful Truth About Child-birth and Modern Maternity Care

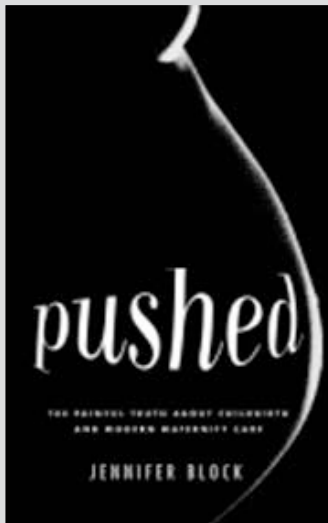
In *Pushed*, author and former Ms. Magazine editor Jennifer Block reports on the current state of maternity care across the country, from inside the operating room of a hospital with a 44% cesarean rate to the living room floor of a woman who gives birth in a kiddie pool with an illegal midwife. *Pushed* is not a pregnancy guide, but rather a narrative investigation of modern American childbirth.

Do routine inductions, cesareans, and epidurals equal medical progress? Why are home-birth midwives illegal in 11 states? Why are physicians and hospitals denying women vaginal births after cesarean? Can breech babies be born vaginally? How did episiotomies become routine? Where does Pitocin come from? Should midwives go to jail? Is home birth safe? Are women really requesting unnecessary cesareans? Is normal birth the next “woman’s right to choose”? *Pushed* tackles all these questions and more.

From Kirkus Review: “*Were there ever any doubts as to the personal being political, this former editor at Ms. and editor of the revised Our Bodies, Ourselves convincingly lays them to rest in a gripping exposé of American obstetrics. With extensive field research and thorough historical contextualization, Block reveals some disturbing statistics in this country’s birth management and shows how medical views of birth are as subject to change as the whims of fashion.*”

From Library Journal: “*Hospital births today may mean continuous fetal monitors, limited mobility, medications to manage labor, episiotomies, and a good chance at a cesarean section, often with little opportunity for the mother to express her own personal wishes. Why are so many C-sections performed in the United States? How many, if any, birthing choices are dependent on liability issues or convenience? What are the possible consequences for low-risk mothers seeking a more natural birthing experience in their own home? Block... asks all of these questions and answers with a stirring discussion of reproductive rights, informed consent, and the rights of the mother vs. the fetus.*”

For more information on *Pushed*, visit Block’s web site at pushedbirth.com.



Taking AME

SMS helps launch new Association of Midwifery Educators

SMS Midwifery Program Director Mary Yglesia and Executive Director Cheryl Murfin Bond recently joined the founding board of directors for the new Association of Midwifery Educators (AME). Yglesia will serve as chair of the board for the new organization, which is dedicated to creating collaboration, connection and coordination among midwifery schools and educators across the nation.



AME intends to:

- facilitate support among direct entry midwifery educators and thus enhance the success of students;
- share educational resources, cooperate on common interests, and promote direct-entry midwifery as a unified profession with a unified educational system;
- assess the educational support needs of direct-entry midwifery programs in a networking environment;
- and foster curriculum and management collaboration among independent professional direct-entry midwifery programs.

Heidi Fillmore-Patrick, CPM and Executive Director of Birthwise Midwifery School, will serve as AME Executive Director. To learn more, call AME at 207.647.5968 or visit their web site at www.associationofmidwiferyeducators.org.

CELEBRATE YOUR INNER
CLOTHES HORSE!

**Don't Miss the 2nd Annual
Women Only SMS Clothing Swap
Friday, November 2, 2007
6-10 p.m.**

at Seattle Midwifery School
Suggested Donation \$30
(A steal when you go home with a whole new wardrobe!)

Grab your girlfriends, bag up the clothes and accessories you want to swap and get ready for a great night of wine, women and clothes. nating an item or helping with procurement.

**To register, call 206.322.8834 or visit
www.2007clothingswap.eventbrite.com.**

Save the Date!!

SMS Winter Wine Tasting Saturday, December 15, 2007

Suggested Donation \$30

Come learn about and taste some of the best sparkling wines just in time for the winter holidays during Jeff and Cheryl Bond's 100 for \$1,000 Campaign event.

To RSVP, email cherylmb@seattlemidwifery.org.

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Our beautiful lady logo is now available as sterling silver earrings for only \$25!

Visit www.seattlemidwifery.org/retail.htm for ordering information.

Sign Up Today for Doula and Extension Education Classes!

Postpartum Doula Training
Nov 16-17 and Nov 30-Dec 1, 2007

Labor Support Course
Nov 3-4 and 10-11, 2007
Dec 12-15, 2007
Feb 1-2 and 8-9, 2008

Professional Education in Breastfeeding and Lactation
Oct 15-17 and 19-21, 2007

Childbirth Educator Training
Jan 11-13 and Feb 15-17, 2008

When Survivors Give Birth
Jan 25-26, 2008

Diagnosis and Treatment of Postpartum Mood Disorders
Mar 3, 2008

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

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The SMS Mission: Educating and inspiring leaders in childbirth professions