



Birthingways

Spring 2010
Volume 15, Issue 1

The Newsletter of Birthingway College of Midwifery

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Calendar

Spring Community Registration Day	2/26/10
Spring Community Registration Deadline	3/12
End of Winter Term	3/19
Spring Break	3/22 - 4/2
Spring Term Begins	4/5

Admissions Committee Thank You's!

The Admissions Committee participated in a very long meeting on Saturday, January 9, to select the matriculating class of 2010.

This dedicated team had previously spent countless hours reading applications in order to get to know the applicants as well as possible. We cannot thank this extremely conscientious group of students and staff enough. They agonized over choosing 16 students out of our 34 candidates.

Our sincere appreciation goes out to these students: **Catherine Bailey, Angela Beach, Nichole Bendotoff, Dani Boettcher, Stephanie Elliott, Megan Felling, Heather Forbes, Dionne Frey, Sarah Heany, Cassie Hodge, Emily Kearns, Jasmine Marotta-Jaenecke, Maura Jansen, Melissa Maureen, Amy McDonald, Jen Sanders, Iara Sapoznikow and Whitney Stolman.** Huge thank you, as well, to our staff leads: **Stacey Marshall, Jena Novotny, Rhonda Ray, Nichole Reding, Julia Reid, and Holly Scholles.** And thanks for the support from the whole staff as we went through our admissions process.

We are now in the phase of inviting the applicants we chose and will announce their names in the next newsletter!



Donation Thank You's

A special thank you goes out to the wonderful people who have donated items to Birthingway.

We would like to thank **Holly Scholles** and **Jamilyn Daniels** for both donating several books for our library. Finally, we would like to thank **Rachael Koeson** for donating a webcam to the school.

These wonderful contributions from the community help us continue to provide quality education for aspiring midwives while keeping tuition as low as possible.

If you or anyone you know has items they would like to donate, please contact the school for more information. As always, your donation is tax deductible.

Human Anatomy & Physiology (HAP141q)

4 credit hours. Satisfies Anatomy and Physiology prerequisite for Birthingway Midwifery Program and the Anatomy and Physiology requirement for the Lactation Program.

INSTRUCTOR: BONNIE McANNIS, B.A., L.M.T.

12 sessions

Wednesday evenings ~ April 7 - June 23, 2010

Time: 5:00pm - 9:00pm

Required Textbook:

Memmler's Human Body in Health and Disease, Text and Study Guide, 11th edition, 2008.

~ You are responsible for providing your own textbook. ~

There is a non-refundable \$75 late registration fee after the registration deadline of March 5, 2010.

Class is limited to a maximum of 16 and a minimum of 6 students. ~ Sorry, no walk-ins.

Full payment and completed registration form (below) is needed to register.

CANCELLATION CLAUSE - Should you decide to cancel this agreement in writing within three business days, you are entitled to a full refund of all fees and tuition. After the three-day cancellation period, should you decide to cancel your registration and not attend, refunds will be made per refund policy.

REFUND POLICY - You are expected to attend all classes for which you register. **If you do not attend or stop attending and do not drop this course within the refund period, you remain responsible for all tuition and fees.** For credit courses, you may cancel registration by providing signed and dated written notice to Birthingway and receive a refund of tuition per refund schedule below. **Registration fees are non-refundable.** Please allow four to six weeks for receipt of refund.

<u>WITHDRAWAL DATE</u>	<u>TUITION REFUND</u>	<u>WITHDRAWAL DATE</u>	<u>TUITION REFUND</u>
On or before 1st day of term	100%	22 nd day through 28 th day of term	44%
2 nd day through 7 th day of term	86%	29 th day through 35 th day of term	30%
8 th day through 14 th day of term	72%	36 th day through 42 nd day of term	16%
15 th day through 21 st day of term	58%	Day 50 through end of term	No Refund

(Please detach lower portion and include with payment)

Anatomy and Physiology (HAP141q) - 4 credit hours at \$350 per credit hour	\$ 1400.00
Registration fee per term (non-refundable)	\$ 50.00
Additional late registration fee of \$75 (non-refundable) if registering after 3/5/10	\$ _____
<input type="checkbox"/> I am enclosing a check or money order with my registration form.	TOTAL ENCLOSED \$ _____

I am paying with a credit card through PayPal (see below). I will fax or send my registration form to finalize my registration.

NAME (please print)

SOCIAL SECURITY NUMBER

ADDRESS

PHONE NUMBER

E-MAIL if available

SIGNATURE

DATE

We must receive this completed registration form *and* full payment to register you for this class. Please make check/money order payable and mail to: Birthingway College of Midwifery, 12113 SE Foster Road, Portland, OR 97266. Fax: 503.760.3332.

Credit card payments are accepted through PayPal - please go to <http://birthingway.edu/payment.htm> for details.

You don't need a PayPal account to pay with your credit card.

The name on the credit card/PayPal account must match the person taking this course. Sorry, no exceptions.



Specialized Program News



Lactation Consultant Program News

Have you ever considered working with families to support them during their breastfeeding relationship? Birthingway has a number of different educational options to help you on your way. Our AARC approved Lactation Education Program meets the International Board of Lactation Consultant Examiners (IBLCE) educational requirements for Pathways 1 and 3 for IBCLC exam eligibility. Give us a call, visit our website, or email with questions: 503-760-3131, www.birthingway.edu, or nichole@birthingway.edu.

We are in the middle of seeking approvals from all of the accrediting bodies for our new Associates Degree in Lactation Consultation. Our Associates Degree meets all of the requirements for IBLCE's Pathway 2 Programs and students may begin taking classes to meet Pathway 2 requirements now! See the community registration for class listings. If you are interested in Pathway 2, or would like more information about our Associates Degree or how you might begin this program, visit our website or contact Nichole.

Birthingway Breastfeeding Center Grand Opening!

Help up welcome Spring and support the launch of our center
Saturday, March 20, 2010
 from
12:00 – 3:00pm
12108 SE Carlton St
Portland, OR 97266
 RSVP Stacey at stacey@birthingway.edu

We have expanded the vision for our Breastfeeding Center to incorporate days when families can come to receive peer support and information, as well as socialize and connect with others. We will also be offering office appointments with IBCLCs. As we grow, we hope to be a full service space for women and families as they maneuver through their parenting transitions: from birth, to breastfeeding, to adding new siblings, to weaning, and beyond.

Come join us for some mingling over treats, buy a ticket for our raffle, and get to know the Center's staff and space.

Facilitated Parenting Support Groups:

Drop-Ins welcome!
 Tuesdays from 10:00am – 1:00pm

In-office visits with a Board Certified

Lactation Consultant available:
 Fridays from 10:00am – 4:00pm.

In addition to these services, our Breastfeeding Center provides a warm, comfy environment; full kitchen access; breastfeeding supplies for sale; and a baby clothes exchange.

Anyone in need of breastfeeding support can call and receive referrals and basic counseling from Birthingway Lactation Consultant program participants.

Our Breastfeeding Help Line is also available:
 503-762-1632

Clinic Services are closely supervised by IBCLCs with student assistance. For information, please email us at breastfeeding@birthingway.edu.

Please Donate!

Our Breastfeeding Center is going to be a fabulous resource to help families in Portland provide the perfect beginning for babies' nutritional, emotional and health needs. Birthingway is a 501(c)3 non-profit organization and any donations to our free Clinic and Breastfeeding Center are needed, welcomed, and fully tax deductible.

Thank You! Special thanks to **Cassandra Breer** for donating a breastfeeding pillow and **Kimberly Bepler** for donating a foot stool to our Breastfeeding Center.

We would like to thank **Derek** and **Heather Scott** for donating a cradle, bouncy chair, toys, baby clothes, books, diapers and a diaper pail for our breastfeeding clinic.

Our on-going needs include: breastfeeding supplies or gift certificates to baby supply stores. We are also establishing a baby clothes exchange and would be happy to receive any gently loved baby clothes to begin our program.



The Postpartum Doula

Supporting Transitions After Birth

INSTRUCTOR: Kimberly Bepler, ICPE, PCD, CPD, CLE

Three Day Workshop

Friday, June 4, 2010 - 3:00pm - 7:00pm

Saturday, June 5, 2010 9:00am - 6:00pm

Sunday, June 6, 2010 - 9:00am - 5:00pm

at Birthingway College of Midwifery ~ 12113 SE Foster Road, Portland, OR 97266
P) 503.760.3131 ~ F) 503.760.3332 ~ info@birthingway.edu ~ www.birthingway.edu

Cost: Workshop - \$395, Readings Binder (Required) - \$30

(Or take it as a 2-credit course for \$700 - you will be expected to do more work)

THIS COURSE CONSTITUTES ONE STEP TOWARDS POSTPARTUM DOULA CERTIFICATION FROM BIRTHINGWAY

There is a \$75 non-refundable late registration fee after Friday, May 7, 2010

Full payment and completed registration form (below) is needed to be registered for this workshop.

The Readings Binder will be available for pick up after the registration deadline at Birthingway College of Midwifery (M-F, 8:30am - 4:30pm). Binder articles must be read before the first class session. Please Note: If you register late, you may not have enough time to read everything before the workshop starts. Please allow enough time to complete the readings.

The following books must be read prior to the workshop (but are not required to be owned):

- ◆ Sally Placksin. **Mothering the New Mother: Women's Feelings and Needs After Childbirth a Support and Resource Guide**, 2nd ed. Newmarket Press. 2000.
- ◆ Laura A. Jana, Jennifer Shu. **Heading Home with Your Newborn : From Birth to Reality**, American Academy of Pediatrics. 2005.
- ◆ Kathleen Huggins. **The Nursing Mother's Companion**, 4th revised ed. Harvard Common Press. 2005.

REFUND POLICY: Written notice of refund request must be received no later than seven days prior to first day of class to receive a 95% refund; then 80% of the course or audit fee will be refunded up to the first class day. Readings Binder fee will not be refunded if you drop after the registration deadline. No refund will be made on or after the first class day. Late registration fee is nonrefundable. Minimum class is 5 students. If the minimum class enrollment is not achieved, the class will be cancelled and all fees will be refunded.

(Please detach lower portion and include with payment)

Please register me for The Postpartum Doula - Deadline is May 7, 2010

€ I am paying the \$385 workshop fee	\$ _____
€ I would like to take the 2-credit course for \$700	\$ _____
€ Readings Binder (required) add \$30. Add \$6.00 postage/handling if you want it sent to you	\$ _____
€ Oops, it's after May 7, 2010. I have included the \$75 late registration fee	\$ _____
€ I am enclosing a check or money order with my registration form.	Total \$ _____
€ I am paying with a credit card through PayPal (see below). I will fax or send my registration form to finalize my registration.	

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE _____ E - MAIL or additional contact number _____

We must receive this completed registration form and full payment to register you for this workshop. Make check/money order payable and mail to: Birthingway College of Midwifery, 12113 SE Foster Road, Portland, OR 97266 Credit card payments are accepted through PayPal - please go to <http://birthingway.edu/payment.htm> for details. You do not need a PayPal account to pay with your credit card. The name on the credit card/PayPal account must be the same as the person taking this workshop. Sorry, no exceptions.



Specialized Program News (cont.)



Facebook

For those that don't already know, we have an "official" Facebook site, Birthingway College of Midwifery. We have over 225 fans and counting! Come join us in cyberspace for some virtual biodynamic community building.

Photos and Art Needed for Calendar

We are looking for breastfeeding pictures and original art for a calendar Birthingway is putting together. If you have anything you would like to share, please send your submissions to stacey@birthingway.edu

New Community Connections for the Specialized Programs

Our Specialized Programs have been growing by leaps and bounds since last fall! We are currently working with a program called Operation Special Delivery. It is a program dedicated to serving the needs of military families during the childbearing year.

In addition, we have just launched a wonderful relationship with the PEACE program through Multnomah County Jail system's volunteer program at Iverness Correctional Facility for Women. Members of our Birthingway programs will soon begin offering facilitated group discussions to the inmates on women's health issues, pregnancy, birth control and more. In addition, instructors will be allowed to assist these incarcerated women at the time of birth – a true honor in the correctional system.



Childbirth Educator Program

We are currently offering our winter workshop – a fun-filled and information packed Childbirth Educator Training.

The students in the course will soon be entering our practicum and ready to teach low-cost mentored classes. Keep checking our website for these upcoming resources.

Labor Doula

Birthingway's already amazing group of practicum students welcome these additions:

Melissa Chakmakian
Maria Armstrong

Check out their bios on our web page and give them a warm Birthingway welcome!

We are also really excited to congratulate the following doulas who have achieved certification since our last newsletter:

Jean Benevento
Martha Von Reis
Elizabeth Schroeder

Thank you to all those that have certified and continue to serve!

Sperm Speaks

In the land of Yoni
Where the milk is rich
And the honey sweet
I give thanks
For the Journey
Made easy

Melissa Maureen (2nd year student)

Dedicated to 2nd year GYN students and pregnant women everywhere

Blue-Butterfly Day

It is blue-butterfly day here in spring,
And with these sky-flakes down in flurry on flurry
There is more unmixed color on the wing
Than flowers will show for days unless they hurry.

But these are flowers that fly and all but sing:
And now from having ridden out desire
They lie closed over in the wind and cling
Where wheels have freshly sliced the April mire.

Robert Lee Frost

The Labor Doula

Assisting Women with Birth

Readings, lecture, and practical skills for providing emotional and physical support for women in labor and immediate postpartum. This course constitutes one step towards Birthingway's Labor Doula Certification and also meets the prerequisite for admission to our midwifery program.

INSTRUCTOR: Adrienne Fuson, LMT, CD

9 Sessions ~ Sundays ~ 4/11, 4/18, 4/25, 5/2, 5/9, 5/16, 5/30, 6/13, 6/20/10
Time: 5:00pm - 8:00pm

This workshop is held at Birthingway College of Midwifery, 12113 SE Foster Road, Portland, OR 97266
P) 503.760.3131 ~ F) 503.760.3332 ~ info@birthingway.edu ~ www.birthingway.edu

Cost: Workshop - \$485, Readings Binder (Required) - \$67*

Full payment and completed registration form (below) is needed to register
Workshop minimum is 5, maximum is 16

There is a \$75 non-refundable late registration fee after 3/19/10 ~ Sorry, No Walk-in's.

*The Readings Binder will be available for pick up after the registration deadline at Birthingway College of Midwifery (Mon-Fri 8:30am-4:30pm). Binder articles must be read before the first class session. Please note: If you register late, you may not have enough time to read everything before the workshop starts. Please allow enough time to complete all the readings.

The following books must be read prior to attending the workshop (but are not required to be owned):

- Kitzinger S. The Complete Book of Pregnancy and Childbirth. 4th ed. Alfred A. Knopf, Inc; 2003.

The following books will be read during the workshop (but are not required to be owned):

- England P and Horowitz R. Birthing from Within. Albuquerque: Partera Press; 1998.
- Gaskin IM. Ina May's Guide to Childbirth. Bantam Dell Publishing Group; 2003.
- Renfrew M, Fisher C, Arms S. Bestfeeding - How to Breastfeed Your Baby. Celestial Arts; 2004.

REFUND POLICY: Written notice of refund request must be received no later than seven days prior to first day of class to receive a 95% refund, then 80% of the course or audit fee will be refunded up to the first class day. Readings Binder fee will not be refunded if you drop after the registration deadline. No refund will be made on or after the first class day. Late registration fee is nonrefundable. Minimum class is 5 students. If the minimum class enrollment is not achieved, the class will be canceled and all fees will be refunded.

> > > Please detach lower portion and include with payment < < <

Please register me for The Labor Doula workshop – Deadline is March 19, 2010.

- I want the 9 SESSION WORKSHOP. I am paying the \$485 workshop fee.....\$ _____
- Readings Binder (required) add \$67. Add \$6.00 postage/handling if you want it sent to you.....\$ _____
- Oops, it's after March 19, 2010. I have included the \$75 late registration fee.....\$ _____
- I am enclosing a check or money order with my registration form. Total \$ _____
- I am paying with a credit card through PayPal (see below) and mailing or faxing my registration form to finalize my registration.

NAME _____

ADDRESS _____

CITY STATE ZIP PHONE E-MAIL or additional contact number

We must receive this completed registration form AND full payment to register you for this workshop. Please make check/money order payable and mail to: Birthingway College of Midwifery, 12113 SE Foster Road, Portland, OR 97266. Fax: 503.760.3332. Credit card payments are accepted through PayPal - please go to <http://birthingway.org/payment.html> for details. You don't need a PayPal account to pay with your credit card. The name on the credit card/PayPal account must match the person taking this workshop. Sorry, no exceptions.



Untitled

Am I wrong in thinking that we are all wanting
What is life but just simple being?

As I sit in this chair I wonder these things.
Time gives so much to offer but yet we create a world of disharmony
for ourselves. That we cannot so choose to see what is real life and
what is fear.

Choices are not but a desire to be free.

Free from ourselves free from each other. We run from the
knowledge that we are each other's keepers.

We watch, as our children are taken advantage of not just from
others but from ourselves.

As the world revolves we, beings that are closed up in these human
forms with all their feelings and dreams fight to get out and not take
in what we are here for. Our hearts are tired and alone, who are we,
we are the lost souls. We are the souls that have needs forgotten of.
We are those that sit in your memories. Life abundant, that is where
you will find us.

Tonight we find our way through the rubble of this lost soul. We have
laid in waiting for years until the right time. It is now. We are here to
speak; to listen; to share what is happening.

This world is not going to go far. It has ceased to exist in the order of
compassion and love. And it is because of this realm of darkness.

A world gone sour because of greed and anguish.

You already have the answer, you know the truth so what are you
waiting for. Stop playing the, I have to fit in factor. Who are you
anyway? Are you a puppet on a string or are you a being here to learn
and give in return. We are tired of watching this game of chess and
destruction among you. We are here to tell you it is time to be free.

Have you not always wondered why your spirit cries out for more.
Have you not wondered why your soul aches?

You have tried god and drugs and whatever else method you use to
escape but you always come back to the same element of it all, you
are the one you are looking for. Your own being your own soul that is
truly connected with all of every thing that exists. On this plain and all
others too.

The truth is coming! It will be awakening to some and already known
by others. That is all that matters. For life is non-ending. And we that
stay are blessed and we that leave are also blessed.

Anonymous



The Elusive Orgasm

So slippery, wet, just out of reach
My fingertips brush the edge – an oh so
familiar spot
Tiny circles closing in, moving outward
Legs open, legs close
Hands reach and grasp
She twists out of reach
I panic.
Whatever it takes.
Breathe. Hold my breath.
Squeeze. Just let go.
Fumbling in the dark
The dark, hot spaces.
Questioning, guessing, reaching, missing.
She pants and moans and screams in a
whisper,
An enchanting sound.
My heart spins.
Legs open, legs close.
Twisting, just out of reach
I chase and fall behind
I panic and close my eyes.
She is hungry.
I am lost.
She finds me and holds me close.

Anonymous

Maternal and Neonatal Resuscitation

Birthingway certification in neonatal resuscitation including use of bag/valve/mask. AHA Healthcare Provider level CPR certification includes use of AED, infant, child and adult resuscitation.

Birthingway College of Midwifery

12113 SE Foster Road, Portland, OR 97266 Ph) 503.760.3131 Fax) 503.760.3332 info@birthingway.edu www.birthingway.edu

Friday, May 7, 2010 ~ 8:30am – 5:30pm

Neonatal Resuscitation 8:30am – 1:00pm, Adult Resuscitation 2:00pm – 5:30pm
(Brown bag lunch)

Workshop cost: \$95

Instructor: Denise Clark, EMT-P and Holly Scholles, MA, CPM, LDM

Registration form and payment must be received no later than May 3, 2010
Pre-registration only. *Sorry, we cannot accept any drop-ins. This workshop is subject to cancellation if minimum registration of five is not met.*

Refund Policy: Written notice of refund request must be received no later than seven days prior to the first class day to receive a 95% refund, then 80% of the course will be refunded up to the first class day. No refund or credit voucher will be given on or after the first class day. Sorry, no exceptions. Classes are subject to cancellation if minimum registration is not met by the registration deadline. If Birthingway cancels the workshop, all fees will be refunded in full.

(Please complete bottom portion and include with payment)

Please register me Maternal and Neonatal Resuscitation – May 7, 2010

- I am enclosing \$95 with my registration form.
- I am paying by PayPal (see below). I will fax or send in my registration form to finalize my registration.

First Name _____ M.I. _____ Last Name _____

Social Security Number _____ Date of Birth _____
(the above information is required for your transcript)

Address _____

City _____ State _____ Zip _____

Phone _____ E-mail _____

We must receive the completed registration form AND full payment to register you for this workshop. Please make check/money order payable to Birthingway College of Midwifery and send to 12113 SE Foster Rd., Portland, OR 97266. Credit card payments are accepted through PayPal – please go to <http://birthingway.edu/payment.htm> for details. You need not have a PayPal account to pay with your credit card. The name on the credit card/PayPal account must match the person taking this workshop.
Sorry, No Exceptions.



Community News



Pregnancies and Births

We are very excited to announce four new pregnancies and two babies born in the Birthingway community.

Danielle Boettcher, first year student, is pregnant with her first baby. She is due in late July.

We are pleased to announce that our former Microbiology and Microbiology Skills instructor, **Stephanie Farrell**, is pregnant and expecting her second child in June.

Also, our former Genetics instructor, **Jamilyn Daniels** is pregnant.

Finally, our Gynecology instructor and local midwife, **Ellie Legare**, is due in early August with her second babe.

Two new babies blessed our little piece of earth in December.

Third year student, **Micaela Shulten**, gave birth at home to **Atreya Lynx** on December 13. She says that he came in the world very present and squinting in the bright afternoon light. He weighed 9 pounds.

Emilia Smith had a beautiful home birth on December 22. **Clementine Helen** weighed 8 lbs, 3 oz and looks so much like her mama.

The first year class was fortunate to get to know these little belly beings when Micaela and Emilia were belly models for prenatal skills class last term.

Now we are extra lucky to be a part of their early lives as both mamas are continuing with their core class this term, babies in arms.

Recent Student-Preceptor Relationships

Third year student **Heather Forbes** began her fortuitous clinical training with **Joy Jech** at **Andaluz Waterbirth Center**. Fortuitous, because it was Joy who first planted the seed of Birthingway for Heather back in 2003!

Jennie Elkins, extension student, has been a student midwife with **Heather**

Hack and Ellie Legare of **Balanced Birth** for some time and now **Jessica Clement Elliot** will be joining their team. Jess is also a Birthingway extension student doing her clinical training.

Faculty News

We are happy to announce that **Adrienne Fusion**, currently our Labor Doula workshop instructor, recently passed the IBCLC exam and is now a Board Certified Lactation Consultant. She will be teaching Breastfeeding I and Breastfeeding II, which is part of our Breastfeeding series.

We are so proud of her accomplishment and thrilled she is now helping teach our midwifery and lactation students the wonders of breastfeeding.

Student Announcement

Melissa Maureen (2nd year student) is going to be creating a 2011, student Birthingway calendar. She will be taking photos for the calendar throughout the year.

Also, if any students have Birthingway related photos they would like to submit to her, please put them in her student box.

Birthingway Plant Sale

Birthingways Annual Plant Sale Fundraiser will be on

May 1st and May 2nd

at Ben and Jerry's Hawthorne parking lot
(1428 SE 26th Ave)

Come join the fun and support local midwives!



Legend Drugs and Devices Renewal

Course includes 8.5 combined hours of theory, skills, and testing for Suturing, IV Skills, Medications by Injection, and Pharmacology. This course meets the Oregon state requirements for renewal of the Legend Drugs and Devices endorsement for licensure as a Direct Entry Midwife. LD&D must be renewed every 4 years. You must have completed the 40 hour LD&D sequence in order to take this workshop. Maternal and Neonatal Resuscitation is NOT covered in this workshop. Please call for information about upcoming resuscitation workshops.

All classes held at Birthingway College of Midwifery

12113 SE Foster Road, Portland, OR 97266 Ph) 503.760.3131 Fax) 503.760.3332 info@birthingway.edu www.birthingway.edu

Saturday, May 8, 2010 ~ 8:30am – 5:30pm ~ \$95
(Brown bag lunch)

Instructor: Holly Scholles, MA, CPM, LDM



Registration and payment must be received no later than May 3, 2010
Pre-registration only. Sorry, we cannot accept any drop-ins. This workshop is subject to cancellation if minimum registration of four is not met.

Refund Policy: Written notice of refund request must be received no later than seven days prior to the first class day to receive a 95% refund, then 80% of the course will be refunded up to the first class day. No refund or credit toward taking a workshop at a future date will be given on or after the class day. Sorry, no exceptions. Classes are subject to cancellation if minimum registration is not met by the registration deadline. If Birthingway cancels the workshop, all fees will be refunded in full.

(Please complete bottom portion and include with payment)

Please register me for the LD&D Renewal workshop – May 8, 2010

- I am enclosing \$95 with my registration form.
 I am paying by PayPal (see below). I will fax or send in my registration form to finalize my registration.

First Name _____ M.I. _____ Last Name _____

Social Security Number _____ Date of Birth _____
(the above information is required for your transcript)

Address _____

City _____ State _____ Zip _____

Phone _____ E-mail _____

We must receive this completed registration form AND full payment to register you for this workshop. Please make check/money order payable to Birthingway College of Midwifery and send to 12113 SE Foster Rd., Portland, OR 97266. Credit card payments are accepted through PayPal – please go to <http://birthingway.edu/payment.htm> for details. You need not have a PayPal account to pay with your credit card. The name on the credit card/PayPal account must match the person taking this workshop. Sorry, No Exceptions.



Library News



The library is loaded with new items since our last newsletter. We have great new botanical items for you to enjoy and study for ideas of what to plant in your spring garden, new books to read and DVDs to watch while curled up cozy during the cool nights. Stop on by or...

Visit Birthingway Library online <http://birthingway.org/library.html> and use Birthingway's favorite password to login. You know, that 5 letter word for women who provide labor support that starts with a d.

You can place a hold on items so they will be ready for you to pick up when you stop by the school.

New Books:

Rosemary Mander and Valerie Fleming. *Becoming a Midwife*. 2009.

Helen Baston and Jennifer Hall. *Midwifery Essentials: Labour: Volume 3*. 2009. The first volume to be released in this new series. Look for more to come throughout the year.

Aviva Jill Romm. *Botanical Medicine for Women's Health*. 2010.

Tori Hudson. *Women's Encyclopedia of Natural Medicine*. 2008.

Hitchcock and Cronquist. *Flora of the Pacific Northwest: an Illustrated Manual*. 730 pages!

William T. Stearn. *Botanical Latin*. 2004.

Janice Glimn-Lacy and Peter B Kaufman. *Botany Illustrated*. 2006.

Rachel Simon. *Riding the Bus with my Sister: a True Life Story*. 2002.

Alice Eve Cohen. *What I Thought I Knew*. 2009.

Yvonne Bynoe. *Who's Your Mama? The Unsung Voices of Women and Mothers*. 2009.

Marshall B. Rosenberg. *Practical Spirituality: Reflections on the Spiritual Basis of Nonviolent Communication*. 2005.

Marshall B. Rosenberg. *Speak Peace in a World of Conflict: What You Say Next Will Change Your World*. 2005.

New DVDs include:

Mother Touch: touch techniques for birth – Just released!

Homebirth Dads: the dad's perspective on homebirthing.

The Baby Human: geniuses in diapers: to walk/to think/to talk.

The Baby Human 2: geniuses in diapers: to feel/to belong/to relate.

Regular Library Hours:

Mon 12pm - 6pm
Tue – Thurs 10am - 6pm

Please call ahead and/or check the home page calendar of the website for holiday or other scheduled closures.

If you are a student or faculty member that doesn't have a picture ID with a new barcode, please stop by and we'll make one for you. You'll need it to check items out!

Community Library Cards

Everyone is welcome to come browse the library, read a book, or watch a video. Community members who'd like to borrow materials may purchase a community library card:

\$15 for three months
\$25 for six months
\$40 for the entire year



Birthingway College of Midwifery 12113 SE Foster Rd., Portland, OR 97266 Ph)503-760-3131 F)503-760-3332
Spring 2010 Community Course Offering

Registration Start Date: February 26, 2010. Registration Deadline: March 12, 2010

Please complete the attached registration form and return with your tuition and fees no later than **MARCH 12, 2010**. Registration and/or payment after that date will incur a **\$75 late fee**. Classes are limited to 16 students (unless otherwise noted) and are first come, first served.

- ◆ **Botanicals I (BOT331q) 3 credit hours. Course-pack \$29. Textbook required – see Required Textbooks List.** Nine sessions. Materia medica and herbal therapeutics of gynecological herbs and herbs for infants and children. Instructor: Mindy Cash, ND
Dates/Times: Mondays 4/12 (1:00pm – 4:30pm); 4/19, 4/26, 5/3, 5/10, 5/17 (9:00am – 12:30pm); 6/7, 6/14, 6/21/10 (9am – 12:00pm)
Location: Foster House

- ◆ **Botany (BTY321q) 2 credit hours. Textbook required - see Required Textbooks List.** Five sessions. Basic botanical concepts, classification systems and nomenclature, plant identification and constituents. Instructor: Ann Holland, ND
Date: Fridays 5/28, 6/4, 6/11, 6/18, 6/25/10 **Time: 1:00pm – 5:00pm** **Location: Foster House**

- ◆ **Breastfeeding II (BRF222q) 2 credit hours. Prerequisite: Breastfeeding I. Course-pack fee \$32. Textbook required - see Text Order Form.** Five sessions. Breastfeeding problems and special situations. Instructor: Adrienne Fuson, LMT, CD, IBCLC
Dates & Times: Fridays 4/16, 4/30, 5/14 - 1pm – 5pm. 4/23 and 5/7: 12:30 – 4:30 or 5:00pm **Location: Foster House**

- ◆ **Breastfeeding III (BRF313q) 2 credit hours. Prerequisite: Breastfeeding I and II. Course-pack \$18. Lab Fee \$38. Textbooks required – see Required Textbooks List.** Three sessions. Case studies and hands-on skills deepen students' knowledge of breastfeeding counseling. Continuation of lactation support skills designed to move students toward the IBCLC exam. Instructor: Dixie Whetsell, MS, IBCLC
Date: Saturday 5/22, Sunday 5/23, Saturday 6/12/10 **Time: 9:00am – 4:30pm** **Location: Carlton House**

- ◆ **Communications I (COM321q) 2 credit hours. Textbook required – see Required Textbooks List.** Five sessions. Basics of speaking and listening with emphasis on group communication skills. Instructor: Celeste Kersey, CPM, BA
Date: Fridays 4/16, 4/30, 5/14, 6/4, 6/18/10 **Time: 9:00am – 1:00pm** **Location: Foster House**

- ◆ **Massage for Midwives (MAS311q) 2 credit hour. Course pack \$9. Lab fee \$38. Textbook required - see Required Textbooks List.** Three sessions. Psychology of touch. Introduction to basic massage techniques with emphasis on pregnancy and postpartum. This is a weekend format. Bring a brown bag lunch. **Maximum class size of eight.** Instructor: Bonnie McAnnis, LMT
Date: Friday 4/23/10 5:00pm – 9:00pm. Saturday 4/24/10 and Sunday 4/25/10 9:00am – 5:00pm. **Location: Carlton House**

- ◆ **Medical Terminology (MED221q) 2 credit hours. Textbook required – see Required Textbooks List.** Seven sessions. Covers medical language, including vocabulary, abbreviations, and translation of medical records into "normal" English. Instructor: Sara Ohgushi, ND
Date: Tuesdays 4/13 – 5/25/10 **Time: 9:00am – 12:00pm** **Location: Carlton House**

- ◆ **Midwifery Culture (CUL431q) 3 credit hours. Course-pack \$60. Textbooks required - see Required Textbooks List.** Ten sessions. Focus on attitudes and laws that have surrounded midwives and the practice of midwifery throughout history as well as contemporary times. Examines the role of midwives from ancient to modern times emphasizing politics of midwifery and how midwives have come together to bring about change. Instructor: Nichole Reding, MA
Date: Fridays 4/9, 4/16, 4/30, 5/7, 5/14, 5/21, 5/28, 6/4, 6/11, 6/18/10 **Time: 9:00am – 12:00pm** **Location: Carlton House**

- ◆ **Nutrition (NUT221q) 2 credit hours. Course-pack \$23. Textbook required – see Required Textbooks List.** Seven sessions. Overview of nutrition concepts. Instructor: Mindy Cash, ND, Lac, MSOM
Date: Mondays 4/19, 4/26, 5/3, 5/10, 5/17, 6/7, 6/14/10 **Time: 1:30pm – 4:30pm** **Location: Foster House**

- ◆ **Plant Medicine I (PLM321q) 2 credit hours. Course-pack \$11. Lab fee \$38. Textbook required - see Required Textbook List.** Seven sessions. First section of plant medicine as an alternate method of healing as relates to pregnancy, birth and postpartum. Instructor: Cari Nyland, ND
Date: Mondays 4/19, 4/26, 5/3, 5/10, 5/17, 5/24, 6/7/10 **Time: 1:00pm – 4:00pm** **Location: Carlton House**

- ◆ **Suturing (SUT421q) 2 credit hours. Course-pack \$8. Lab fee \$190. Textbook and equipment required - see Required Textbooks List. Prerequisite: Basic Skills III.** Seven sessions. Selecting materials and equipment, perineal evaluation and repair of 1st and 2nd degree lacerations, use of local anesthetics. *This course meets the suturing portion of the LD&D training required for Oregon State Licensing. Because initial LD&D training must be taken within 3 years of licensing, you may have to take the LD&D training workshop if you don't graduate and license within 3 years of taking this class.* Instructor: Pamela Echeverio, CPM, LDM, BA
Date: Tuesdays 5/4 – 6/15/10 **Time: 5:30pm – 8:30pm** **Location: Foster House**

- ◆ **Understanding Statistics in Medical Literature (STA221q) 2 credit hours. Course-pack \$38. Textbooks required – see Required Textbooks List.** Six sessions. Basic concepts, types of medical literature, critical analysis, and evidence based studies. Instructor: Kathryn Constant, MLS
Date: Thursdays 4/8/10 - 5/13/10 **Time: 5:30pm – 9:00pm** **Location: Foster House**

Birthingway College of Midwifery

12113 SE Foster Rd., Portland, OR 97266 Ph) 503-760-3131 F) 503-760-3332

Spring 2010 Community Course Offering

Registration Start Date: FEBRUARY 26, 2010. Registration Deadline: MARCH 12, 2010.

SUPPLEMENTAL COURSES: Tuition + \$350 per credit. Audit Fee= \$300 per credit**			
Botanicals I (BOT331q) 3 credits X \$350 per credit + \$29 course pack =	\$1079 for credit	€ I wish to audit**	\$
Breastfeeding II (BRF222q) 2 credits X \$350 per credit + \$32 course pack =	\$732 for credit	€ I wish to audit**	\$
Communication I (COM321q) 2 credits X \$350 per credit =	\$700 for credit	€ I wish to audit**	\$
Medical Terminology (MED221q) 2 credits X \$350 per credit =	\$700 for credit	€ I wish to audit**	\$
Midwifery Culture (CUL431q) 3 credits X \$350 per credit + \$60 course pack =	\$1110 for credit	€ I wish to audit**	\$
Nutrition (NUT221q) 2 credits X \$350 per credit + \$23 course pack =	\$723 for credit	€ I wish to audit**	\$
Plant Medicine I (PLM321q) 2 credits X \$350 per credit + \$11 course pack + \$38 lab fee =	\$749 for credit	€ I wish to audit**	\$
Suturing (SUT421q) 2 credits X \$350 per credit + \$8 course pack + \$190 lab fee =	\$898 for credit	€ I wish to audit**	\$
Suturing Kit (These items are required for suturing class, but you are not required to buy them from Birthingway)	Mayo Hegar 6" Needle Holder (Miltex) Russian Forceps 6" (Miltex) Spencer Stitch Scissors 3.5 (Vantage)	Rochester Pean straight forcep (Vantage) Rochester Pean curved forcep (Vantage) 6" Ruler, with centimeters	\$151 Full Kit Only
Understanding Statistics in Medical Literature (STA221q) 2 credits X \$350 per credit + \$38 course pack =	\$738 for credit	€ I wish to audit**	\$
ELECTIVES:			
Botany (BTY321q) 2 credits X \$350 per credit =	\$700 for credit	€ I wish to audit**	\$
Breastfeeding III (BRF313q) 2 credits X \$350 per credit + \$18 course pack + \$38 lab fee=	\$756 for credit	€ I wish to audit**	\$
Massage for Midwives (MAS311q) 1 credit X \$350 + \$9 course pack + \$38 lab fee =	\$397 for credit	€ I wish to audit**	\$
REGISTRATION FEE (non-refundable)			\$50.00
Late registration fee of \$75 if received after March 12, 2010			
ALL TUITION AND FEES ARE PAYABLE AT THE TIME OF REGISTRATION			TOTAL ENCLOSED
**Auditing a class: You may audit a class for \$300 per credit hour. Please indicate in the checkbox if you would like to audit. You will not receive college credit. You are not required to do homework or take tests when you audit a class. Instructors will not review any homework or tests that you choose to complete. Course-pack purchase is not required when you audit. If you would like a course-pack, please indicate on your order form and include the course-pack fee.			
The following is a list of textbooks required for the above classes. You are responsible for providing your own textbook – Birthingway does not order textbooks.			
REQUIRED TEXTBOOK LIST:			Mfg. Retail \$
Botanicals (BOT331q)	Gladstar R. <i>Herbal Healing for Women: Simple Home Remedies for Women of All Ages</i> . 1993.		\$16.00
	Romm, A. <i>Naturally Healthy Babies and Children</i> . 2003.		\$17.95
Botany (BTY321q)	Elpel T. <i>Botany in a Day</i> . 5 th ed., 2004.		\$30.00
	Harris, J. G. and Harris, M. <i>Plant Identification Terminology: An Illustrated Glossary</i> . 2001		\$20.95
Breastfeeding II (BRF222q)	Lauwers, Shiniskie. <i>Counseling the Nursing Mother: A Lactation Consultant's Guide</i> . 4 th ed., 2005		\$84.95
Breastfeeding III (BRF313q)	Lauwers, Shiniskie. <i>Counseling the Nursing Mother: A Lactation Consultant's Guide</i> . 4 th ed., 2005		\$84.95
	Caldwell, Turner-Maffei. <i>Case Studies in Breastfeeding: Problem Solving Skills and Strategies</i> . 2003		\$51.95
Massage for Midwives (MAS311q)	Stillerman E. <i>Mother Massage: A Handbook for Relieving the Discomforts of Pregnancy</i> . 2006.		\$17.00
Medical Terminology (MED221q)	Ehrlich A. <i>Medical Terminology for Health Professions</i> . 6 th ed. 2008.		\$98.95
Midwifery Culture (CUL431q)	Diamant A. <i>The Red Tent: A Novel</i> . 1997.		\$15.00
	Chester P. <i>Sisters on a Journey: Portraits of American Midwives</i> . 1997.		\$22.95
	Ehrenreich B, English D. <i>Witches, Midwives, and Nurses: A History of Women Healers</i> . New ed., 1972.		\$6.95
Plant Medicine I (PLM321q)	Green J. <i>The Herbal Medicine Maker's Handbook: A Home Manual</i> . 2000.		\$22.95
Suturing (SUT421q)	Frye A. <i>Healing Passage: A Suturing Manual for Midwives</i> . 6 th ed. 2010.		\$65.00
Understanding Statistics (STA221q)	Woloshin, Schwartz, and Welch. <i>Know Your Chances: Understanding Health Statistics</i> . 2008.		\$16.95
	Best J. <i>Stat-spotting: A Field Guide to Identifying Dubious Data</i> . 2008.		\$19.95
PLEASE COMPLETE THE REVERSE SIDE OF THIS FORM			

Birthingway College of Midwifery
 12113 SE Foster Rd., Portland, OR 97266 Ph) 503-760-3131 F) 503-760-3332
Spring 2010 Community Course Offering
 Registration Start Date: FEBRUARY 26, 2010. Registration Deadline: MARCH 12, 2010.

Last name	First name	Middle Initial	Social Security Number (for 1098T if taking credit classes)
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Mailing address	City	State	Zip
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Phone	E-mail if available (<i>Your email address may be used to send school notices and other information, or information about your school account.</i>)
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CANCELLATION CLAUSE - Should you decide to cancel this agreement **in writing** within three business days, you are entitled to a full refund of all fees and tuition. Suturing Kits will not be refunded after the Registration Deadline. **After the three-day cancellation period, should you decide to cancel your registration and not attend, refunds will be made per the Refund Policy.**

REFUND POLICY - You are expected to attend all classes for which you register. IF YOU DO NOT ATTEND OR STOP ATTENDING AND FAIL TO DROP WITHIN THE REFUND PERIOD, YOU REMAIN RESPONSIBLE FOR ALL TUITION AND FEES. For credit courses, you may cancel registration by providing signed and dated written notice to Birthingway and receive a refund of tuition per schedule below. For non-credit or audited courses, 95% of the audit or course fee will be refunded upon written request, up to seven days prior to the first class day. 80% of the audit or course fee will be refunded up to the first class day. No refund for non-credit or audit-only courses or workshops will be made **on or after** the first class day.

Registration fees and equipment costs are non-refundable. Allow four to six weeks for receipt of refund.

<u>WITHDRAWAL DATE</u>	<u>TUITION REFUND</u>	<u>WITHDRAWAL DATE</u>	<u>TUITION REFUND</u>
On or before 1st day of term	100%	22 nd day through 28 th day of term	44%
2 nd day through 7 th day of term	86%	29 th day through 35 th day of term	30%
8 th day through 14 th day of term	72%	36 th day through 42 nd day of term	16%
15 th day through 21 st day of term	58%	Day 50 through end of term	No Refund

I have completed this form, and have read and understand the refund policy and three-day cancellation period clause. Payment in full is included with this form (please make checks payable to Birthingway College of Midwifery). **We must receive this completed registration form AND full payment to register you for a class.** Credit card payments are accepted through PayPal – please go to <http://birthingway.edu/payment.htm> for details. You don't need a PayPal account to pay with your credit card. The name on the credit card/PayPal account must be the same as the person taking this course. Sorry, no exceptions.

STUDENT SIGNATURE	DATE
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YOUR SIGNATURE IS REQUIRED TO COMPLETE YOUR REGISTRATION.

The Labor Doula

Assisting Women with Birth

Readings, lecture, and practical skills for providing emotional and physical support for women in labor and immediate postpartum. This course constitutes one step towards Birthingway's Labor Doula Certification and also meets the prerequisite for admission to our midwifery program.

2 WEEKENDS: 3/13 (9am-6pm), 3/14 (9am-4pm), 3/27 (9am-6pm), 3/28 (9am-4pm)

Instructor: Stacey Marshall, CD(DONA), PCD, BC ~ Registration Deadline: February 27, 2010

This workshop is held at Birthingway College of Midwifery, 12113 SE Foster Road, Portland, OR 97266
P) 503.760.3131 ~ F) 503.760.3332 ~ info@birthingway.edu ~ www.birthingway.edu

Cost: Workshop - \$485, Readings Binder (Required) - \$67*

Full payment and completed registration form (below) is needed to register.
Workshop minimum is 5, maximum is 16

There is a \$75 non-refundable late registration fee after the registration deadline. Sorry, No Walk-in's.

*The Readings Binder will be available for pick up after the registration deadline at Birthingway College of Midwifery (Mon-Fri 8:30am-4:30pm). Binder articles must be read before the first class session. Please note: If you register late, you may not have enough time to read everything before the workshop starts. Please allow enough time to complete all the readings.

The following books must be read prior to attending the workshop (but are not required to be owned):

- Kitzinger S. The Complete Book of Pregnancy and Childbirth. 4th ed. Alfred A. Knopf, Inc; 2003.

The following books will be read during the workshop (but are not required to be owned):

- England P and Horowitz R. Birthing from Within. Albuquerque: Partera Press; 1998.
- Gaskin IM. Ina May's Guide to Childbirth. Bantam Dell Publishing Group; 2003.
- Renfrew M, Fisher C, Arms S. Bestfeeding - How to Breastfeed Your Baby. Celestial Arts; 2004.

REFUND POLICY: Written notice of refund request must be received no later than seven days prior to first day of class to receive a 95% refund, then 80% of the course or audit fee will be refunded up to the first class day. Readings Binder fee will not be refunded if you drop after the registration deadline. No refund will be made on or after the first class day. Late registration fee is nonrefundable. Minimum class is 5 students. If the minimum class enrollment is not achieved, the class will be canceled and all fees will be refunded.

> > > Please detach lower portion and include with payment < < <

Please register me for The Labor Doula workshop!

- I want the 2 WEEKEND WORKSHOP. I am paying \$485 tuition + \$67 readings binder = \$552.....\$ _____
- Oops, it's after 2/27/10. I have included the \$75 late registration fee.....\$ _____
- I am enclosing a check or money order with my registration form. Total \$ _____
- I am paying with a credit card through PayPal (see below) and mailing or faxing my registration form to finalize my registration.

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____ PHONE _____ E-MAIL or additional contact number _____

We must receive this completed registration form AND full payment to register you for this workshop. Please make check/money order payable and mail to: Birthingway College of Midwifery, 12113 SE Foster Road, Portland, OR 97266. Fax: 503.760.3332. Credit card payments are accepted through PayPal - please go to <http://birthingway.edu/payment.htm> for details. You don't need a PayPal account to pay with your credit card. The name on the credit card/PayPal account must match the person taking this workshop. Sorry, no exceptions.



Birthingway
College of Midwifery
12113 SE Foster Rd.
Portland, OR 97266

Phone:
503.760.3131

Fax:
503.760.3332

E-mail:
info@birthingway.edu



Online Option:

Don't forget! You can download all
registration forms at:
www.birthingway.edu



Birthingway
College of Midwifery
12113 SE Foster Rd.
Portland, OR 97266

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