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## Calendar

Traveling Art Show	4/1/13-3/31/14
11 <sup>th</sup> Annual Plant Sale	5/4-5/5/13
School Closed for Memorial Day	5/27/13
20 <sup>th</sup> Anniversary Dessert Celebration at Oaks Park	6/8/13
School Closed for Independence Day	7/4/13
Summer Term Begins	7/8/13
So, You Want to Be a Midwife? Workshop	8/4/13
Fall Term Begins	9/12/13

## Birthingway Welcomes New Students and Acknowledges Core Completion Students

Spring at Birthingway is about new beginnings; it marks the start for incoming first year students. We are extremely excited to announce our 2013 Midwifery Cohort.

Congratulations to our core completion students. You are on the path to being thoughtful, brilliant and compassionate birth professionals.



### Midwifery Program

Jennifer Barrales-Schultz  
 Victoria Dean  
 Kate Dewar  
 Cassidy Dobeck  
 Vanessa Duthie  
 Brooke Francis  
 Eleanor (Nora) Hawkins  
 Anessa Lewis  
 Sarah McClure  
 Bernadette (Gracie) McGarry  
 Lauren Owen  
 Rachel Rachlin  
 Megan Rood  
 Leslie (Rachel) Slade  
 Kelsey Sullivan  
 Charli Zarosinski

We are all grateful for those who choose Birthingway to pursue their passion in the midwifery arts and sciences.

### Midwifery Program

Calina Brooke  
 Katrina Bubas-Stevens  
 Chelsea Campbell  
 Dana Comperchio  
 Isabel Crosby  
 Mychael Garcia  
 Courtney Holmes  
 Tara Kolberg  
 Robyn Leeds  
 Emily Padua  
 Cindy Stumpf  
 Susannah Wright

### Lactation Program

Lisa Keres  
 Stacey Marshall  
 Catherine Shelton  
 Anne Tegtmeier

### **Congratulations!**

**Are you interested in learning more about the paths to becoming a midwife?**

Learn more at our **So, You Want to Be a Midwife? workshop on August 4, 2013**

The registration form can be found on page 2

# So, You Want To Be a Midwife?

An exciting workshop for prospective midwifery students.

Sunday, August 4, 2013, 9:00am - 5:00pm

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

Cost on or before July 28, 2013 - \$70 (add \$10 for each accompanying guest)

Cost after July 28, 2013 - \$80 (add \$15 for each accompanying guest)

REFUND POLICY: Written notice of refund request must be received no later than seven days prior to the day of the workshop to receive a 95% refund. After that date, no refund will be given. Minimum workshop size is six people. If the minimum enrollment is not achieved, the workshop will be canceled and all fees will be refunded.

## Schedule includes:

- \* Sign-in, settle in (coffee, tea and light snack available)
  - \* Welcome and introductions
  - \* ALL about Birthingway
- \* Paths to midwifery: Direct Entry, CNM, and ND
  - \* Students discuss their experiences
  - \* Delicious lunch (provided)
- \* Midwives' families discuss living with a midwife
  - \* Midwives tell their stories
- \* Questions, discussion, and conclusions

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

Please register me for So, You Want To Be a Midwife? – Sunday, August 4, 2013

Cost on or before July 28, 2013 - \$70 (add \$10 for each accompanying partner, spouse, parent)

Cost after July 28, 2013 - \$80 (add \$15 for each accompanying guest)

Total Amount Enclosed: \$ \_\_\_\_\_ Total Number Attending: \_\_\_\_\_

I am enclosing a check or money order with my registration form.

I am paying with a credit card through PayPal (see below) and mailing or faxing my registration form.

Name (required) \_\_\_\_\_

Address, City, State, Zip (all required) \_\_\_\_\_

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 and mail to the address below.
- Credit card payments are accepted through PayPal by visiting <http://www.birthingway.edu/payment.htm>. You don't need a PayPal account to pay with your credit card. By paying through PayPal, you agree to the terms and conditions on our payment page. You must include a copy of your PayPal confirmation with your registration form.
- If you fax your registration, please call to confirm that we have received it.

### OFFICE USE ONLY

Date/time/payment/initial \_\_\_\_\_

Please route in this order: \_\_\_\_\_ FIN \_\_\_\_\_ REG \_\_\_\_\_ FIN \_\_\_\_\_ LRC \_\_\_\_\_ OPS \_\_\_\_\_ SPC \_\_\_\_\_ MPC \_\_\_\_\_ File

Amount needed to clear registration: \$ \_\_\_\_\_ Amount Paid: \$ \_\_\_\_\_ Date/Time: \_\_\_\_\_

Method: \_\_\_\_\_ Reference #: \_\_\_\_\_

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## Community and Student News

### New Staff



**Jacquelyn Buesch** is excited to join the Birthingway staff as the on-call receptionist. She is a mother to two boys, Owen and Dylan, and a furbaby, Sophie the dog. With a degree in psychology and family studies, she is thrilled to be working in such a mama-centric environment.

Jacquelyn moved from the Midwest to Portland almost three years ago, and is thriving in Portland's DIY culture. Jacquelyn enjoys gardening, vegan baking, needlepoint, and knitting. She's excited to get to know everyone at Birthingway!

### Thank You!

Birthingway's second annual **Plant In** on March 11th was a fun family event! Thank you to all the community members and local companies for donations and time spent planting. A big thank you to board member, **Polly Gottesman**; third year midwifery student **Calina Brooke**; second year students **Megan Coppock**, **Kyla Carstensen**; first year student **Janelle Bandurraga-Rice**; and lactation student **Sarah Longwell**.

A special thank you to **Portland Nursery**, **Pumpkin Ridge Gardens**, and **City Farm** for the donations of soil, planters, herbs and flower seeds.

### Birthingway Grounds

cond Community Watershed Stewardship Grant for more native plantings around campus. We are also excited about starting our community gardens. If you are interested in a community plot, email [Amari@birthingway.edu](mailto:Amari@birthingway.edu)

### Clinical Training News



Extension midwifery students **Cristyl Garner** and **Lauren Stum** are working with **Desiree LeFave** at Bella Vie Birth Center in Salem, Oregon. **Divya Za**, extension midwifery student, is working with **Cynthia Luxford** in Otis, Oregon (near Lincoln City). Second year midwifery student, **Val Schlaht** is working with alumna **Angela Truby** and second year midwifery student, **Kim Le**, is working with **Kori Pienovi** both at Alma Midwifery. Third year midwifery student, **Katrina Bubas-Stevens**, is beginning a new clinical training partnership with Birthingway graduate **Heather Hack-Sullivan**.

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The Oregon Association of Student Financial Aid Administrators (OASFAA) Annual Conference on February 6-8<sup>th</sup> was a thrill!

Three days of workshops geared toward providing the best service to students possible as well as getting updated on any changes the government and the Department of Education have made to financial aid. The theme this year was Financial MasquerAID. The picture (on the right) is from the Mardi Gras costume ball where our own amazing **Amari Fauna** was voted queen of the ball. Yeah Amari!



Right to left: the conference co-chair, Amari Fauna, and the wife of the other conference co-chair

<b>Birthingway Non-credit Workshop:</b>	<b>Description:</b>
<h1>The Labor Doula</h1> Assisting Women with Birth	Lecture, readings 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: Sadie Eck

**Date / Time / Location:**  
**Seven Sessions: Wednesdays ~ July 10 - August 21st ~ 5:00pm - 9:00pm**  
**Birthingway College of Midwifery - Carlton House 12108 SE Carlton St., Portland, OR 97266**

**Cost:**  
**Workshop fee: \$485** Registration Deadline: 6/26/13 at 4:30pm. After this date and time, an additional \$75 late registration fee (non-refundable) is required. Sorry, no walk-in registrations on the day of the workshop will be accepted.

**Required Course-pack / Books**  
 Course-pack fee (non-refundable): \$30 Course-pack will be available for pick-up at Birthingway College during office hours after the registration deadline. Please call ahead to confirm availability.

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

- ♦ Simpkin Penny *Pregnancy, Childbirth, and the Newborn: The Complete Guide*, 4th Edition
- ♦ Gaskin IM. *Ina May's Guide to Childbirth*. Bantam Dell Publishing Group; 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, NM: Partera Press; 1998.
- ♦ Klaus MH, Kennell JH, Klaus PH. *The Doula Book*. Cambridge, MA. Perseus Publishing. 2002.
- ♦ Newman J and Pitman T. *The Ultimate Breastfeeding Book of Answers*. New York: Crown Publishing. 2006.

**Refund Policy:**  
 Written notice is required to receive a refund. If written notice is received up to seven calendar days prior to the first day of class, you will receive a 95% refund of the course fee. After that point, 80% of the course fee will be refunded *up to the first class day*. **No refund will be given on or after the first class day.** Late registration and course-pack fees are non-refundable. If the minimum enrollment of five is not achieved, the course will be canceled and you will receive a 100% refund. Please allow four to six weeks for receipt of refund.  
 Please detach registration form here.

<b>Summer 2013 Labor Doula Workshop Registration Form – Registration Deadline 6/26/13 at 4:30pm</b>	
Labor Doula Workshop fee: \$485 + \$30 course-pack fee (non-refundable) = \$515	\$
Please send the course-pack to me. I have included \$6 postage and handling.	\$
\$75 Late Registration fee (non-refundable) in addition to the workshop fee if registration is received after 4:30pm on 6/26/13	\$
<b>TOTAL</b>	

**Payment method: (please circle)    Check/Money Order                  Cash                  PayPal (please see below)**

**Name** \_\_\_\_\_

**Address, City, State, Zip** \_\_\_\_\_

**Phone** \_\_\_\_\_ **Email** \_\_\_\_\_

- ♦ 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 the address below.
- ♦ Credit card payments are accepted through PayPal by visiting <http://www.birthingway.edu/payment.htm>. You don't need a PayPal account to pay with your credit card. By paying through PayPal, you agree to the terms and conditions on our payment page. **You must include a copy of your PayPal confirmation with your registration form.**
- ♦ If you fax your registration, please call to confirm that we have received it.
- ♦ Please see our Student Handbook and College Catalog for college policies available at <http://www.birthingway.edu/for-students/college-catalog.htm>

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Method: \_\_\_\_\_ Reference #: \_\_\_\_\_

## Community and Student News Continued

### Birth and Wedding Announcements



Roma Aradia Margaret

**Roma Aradia Margaret** was born February 3, 2013, to third year midwifery student **Katrina Bubas-Stevens** and husband Mike. She has brought joy and beauty into their lives. Welcome Roma!

Our Specialized Programs Coordinator, **Sadie Eck**, married her love, Ryan, on Saturday, March 30th, 2013. They had a sweet weekend celebration and ceremony with their close friends and family at Camp Colton in Colton, Oregon.



**Cindy Stumpf**, third year midwifery student, welcomed **Desmond James Ramone Mortlock Jenne-Stumpf**. He arrived at 5:29pm on March 19 and weighed 8 lbs 5 oz. The midwives were Birthingway graduates **Laurie Mednick** and **Kim Kincade**, and second year midwifery student, **Megan Coppock**.

Extension midwifery student, **Nichole Bendotoff** welcomed **Eliot Ansel Bendotoff-Smith!**

Eliot came into this world on February 13, 2013, lovingly received by Nicole and her husband, Ethan Smith. Eliot is happy, healthy and getting chubbier by the minute!

Congratulations!



Nicole and Eliot

## Library News

### Library Summer Hours

**Monday-Thursday**  
10am – 5pm

**Friday**  
10am-2:30pm

Please call ahead or check the Web site for other Library updates and summer closures.



### 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**

<b>Birthingway Non-credit Workshop:</b>	<b>Description:</b>
<h1>Resuscitation Workshops</h1>	Birthingway renewal certification in Biodynamic Resuscitation of the Newborn including use of bag/valve/mask. AHA Healthcare Provider CPR certification includes use of AED, infant, child and adult resuscitation. Instructor: Denise Clark, EMT-P

**Date / Time / Location:**

**Biodynamic Resuscitation of the Newborn Renewal ~ Friday 6/7/13 from 8:00am - 1:00pm** *This is a renewal class, so you must provide a copy of your current neonatal resuscitation card when registering.*  
**AHA Healthcare Provider CPR Certification ~ Friday, 6/7/13 from 1:00pm - 5:00pm**  
**Birthingway College of Midwifery - 12113 SE Foster St., Portland, OR 97266**

**Cost:**

**Biodynamic Resuscitation of the Newborn Renewal: \$80**  
**AHA Healthcare Provider CPR Certification: \$50**  
 Registration Deadline: 5/31/13 at 4:30pm. After this date and time, an additional \$75 late registration fee (non-refundable) is required. Sorry, no walk-in registrations on the day of the workshop will be accepted.

**Required Course-pack / Equipment**

None

**Refund Policy:**

Written notice is required to receive a refund. If written notice is received up to seven calendar days prior to the first day of class, you will receive a 95% refund of the course fee. After that point, 80% of the course fee will be refunded *up to the first class day*. **No refund will be given on or after the first class day.** Late registration and course-pack fees are non-refundable. If the minimum enrollment of 5 is not achieved, the course will be canceled and you will receive a 100% refund. Please allow four to six weeks for receipt of refund.  
*Please detach registration form here.*

**Spring 2013 Resuscitation Workshops Registration Form – Registration Deadline 5/31/13 at 4:30pm**

Biodynamic Resuscitation of the Newborn Workshop fee: \$80 <i>(please provide a copy of your current neonatal resuscitation card when registering)</i>	\$
AHA Healthcare Provider CPR Certification Workshop fee: \$50	\$
\$75 Late Registration fee (non-refundable) in addition to the workshop fee if registration is received after 4:30pm on 5/31/13	\$
<b>TOTAL</b>	

**Payment method: (please circle)    Check/Money Order                      Cash                      PayPal (see below)**

**Name** (First, Last, Initial) \_\_\_\_\_ **SSN** (required for your transcript) \_\_\_\_\_

**Address** \_\_\_\_\_

**Phone** \_\_\_\_\_ **Email** \_\_\_\_\_

- We must receive this completed registration form, full payment, and a copy of your current neonatal resuscitation certification card to register for the Biodynamic Resuscitation of the Newborn Workshop.
- Please make check/money order payable and mail to the address below.
- Credit card payments are accepted through PayPal by visiting <http://www.birthingway.edu/payment.htm>. You don't need a PayPal account to pay with your credit card. By paying through PayPal, you agree to the terms and conditions on our payment page. **You must include a copy of your PayPal confirmation with your registration form.**
- If you fax your registration, please call to confirm that we have received it.
- Please see our Student Handbook and College Catalog for college policies available at <http://www.birthingway.edu/for-students/college-catalog.htm>

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Method: \_\_\_\_\_ Reference #: \_\_\_\_\_

## Reflections: Confessions of a 57-year-old Rookie Doula



### Helen Hill

*Certified Labor Doula, Childbirth Educator, and Midwifery and Lactation Student at Birthingway College of Midwifery*

Going back to school to be a doula at age 57 was not something I planned to do. I reached one of those rare times in life where the world opened up, waiting for me to follow whatever new path I chose.

I followed my heart and began volunteer hospice work. Though I fell in love with my sweet clients and enjoyed the work, I soon found myself longing to experience the other side of the swinging doorway. I heard of something called a “labor doula workshop,” offered at Birthingway College of Midwifery in Portland, Oregon, 100 miles from my coastal home and immediately signed up. From the first day of labor doula class, I was hooked the moment my teacher said, “If, at the end of a birth, your client says, ‘I couldn’t have done it without you,’ you have failed. If she says, ‘I did it!’ you have succeeded.” The wisdom of this resounded like a depth charge.

Sometime during that fall, my daughter told me she was pregnant with my first grandchild. As I entered the student doula certification practicum the next spring, she was my first official client.

She had a beautiful homebirth in the simple cabin of dear friends who live on the side of a mountain overlooking the ocean.

She pushed out her 9 lb baby surrounded by old growth trees, eagles circling and checker mallow blooming in the moonlight. It was an extraordinary birth in so many ways, overseen by a Birthingway midwife beautifully trained in the non-interventive, biodynamic process. Over a year has gone by since then, and I’ve served as a doula for teens, a recovering addict on methadone, a developmentally disabled woman with cerebral palsy, the wealthy, the down-trodden, the prepared and the desperate. I love the work. My age, though, can be deceptive when I meet clients in the initial interview. They assume, based on the grey at my temples, that I’ve been doing this work for a long, long time. I have to carefully dispel the misconception without sounding unsure or unconfident. I am green and I am wise—both are true. I am an inexperienced doula, but I have accumulated life experience just by walking on the earth for nearly six decades.

What I try to communicate to my clients is what I learned on that first day of doula class: your birth, your way—this is the goal.

I had one client turn me down before meeting me because she preferred a contemporary to a mother-figure. I get it, completely. Speaking of mothers, many times it is the mothers of my clients who find me threatening. I can usually sense this upon entering the room. I work in gentle verbal and non-verbal ways to dispel any fears that I am replacing her as the grandmother in the room. I find ways of letting her know this position of honor is hers and always will be. Once she sees the skill set I bring and the professional nature of the relationship, she is usually more at ease. I feel I am in a singular place to understand her fears. I also understand how mothers have been supplanted and sidelined somehow; there has been a break in the continuum.

Breastfeeding and childbearing knowledge used to be handed down directly from mother to daughter. It isn’t that way anymore. I do what I can to bridge the gap and hold space for this ancient tradition to return, if it will.

I want these skills. I will make good use of them; there is a river of life running in me still. As far as my background in art goes, the more midwives and teachers of midwives I meet, the more I understand how their approach to each woman and her unique birth experience calls for an original, creative energy—the same energy an artist brings to a blank canvas or an instrument waiting to be played.

My cohort classmates at Birthingway are, of course, young enough to be my daughters, but it doesn’t matter. I worry a little about our upcoming gyn-skills class where we will be doing pelvic exams on each other, but how best to understand vaginal rugae than by experiencing a post-menopausal woman and same for a prolapsed uterus and a 34-year-old cesarean scar. We’ll all be a little nervous, and we’ll all get over it.

I realize my fellow students also have fears of being incompetent or not up to the task. I trust the excellent education I’m getting, and, like everyone, hope for a good apprenticeship. The most important thing is we share a common passion to serve, protect and hold space for women to discover the strength and power of their own unique birthing process. Age, political views, religious persuasion and personal history all have a way of both melting away and augmenting our work if we keep them in perspective.

This is an excerpt from the wonderful article Helen wrote for winter 2012 edition of *Midwifery Today* magazine. We send our love and well wishes to her family and grandson, Amon, who was recently diagnosed with a rare form of cancer.

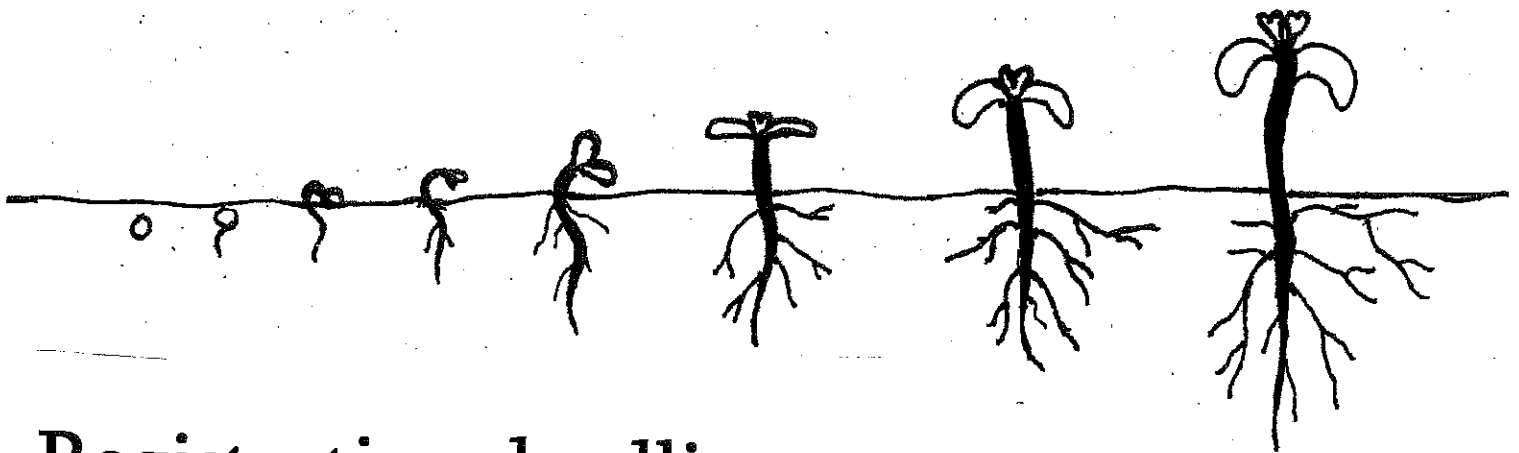




# Set down roots...

...join the

## Birthingway Community Garden!



### Registration deadline

April 19<sup>th</sup>

(plots will be chosen by lottery)

Garden May 3<sup>rd</sup> - October 31<sup>st</sup>.

For more information, email [amari@birthingway.edu](mailto:amari@birthingway.edu).

<b>Birthingway Non-credit Workshop:</b>	<b>Description:</b>
<h1>Biodynamic Resuscitation of the Newborn Initial Training</h1>	Birthingway certification in neonatal resuscitation including use of bag/valve/mask. For practitioners who have never been certified in neonatal resuscitation, who want a thorough review, or whose previous training was over two years ago. This certification meets requirements for Oregon licensure and NARM certification. Instructor: Denise Clark, BA, EMT-P

**Date / Time / Location:**  
**Friday, August 9, 2013 ~ 9:00am - 5:30pm**  
**Birthingway College of Midwifery - Foster House 12113 SE Foster Rd., Portland, OR 97266**

**Cost:**  
**Workshop fee: \$105**  
 Registration Deadline: 8/2/13 at 4:30pm . After this date and time, an additional \$75 late registration fee (non-refundable) is required. Sorry, no walk-in registrations on the day of the workshop will be accepted.

**Required Course-pack / Equipment**  
 Course-pack fee (non-refundable): \$20 Course-pack will be available for pick-up at Birthingway College during office hours after the registration deadline. Please call ahead to confirm availability.

**Refund Policy:**  
 Written notice is required to receive a refund. If written notice is received up to seven calendar days prior to the first day of class, you will receive a 95% refund of the course fee. After that point, 80% of the course fee will be refunded *up to the first class day*. **No refund will be given on or after the first class day.** Late registration and course-pack fees are non-refundable. If the minimum enrollment of 5 is not achieved, the course will be canceled and you will receive a 100% refund. Please allow four to six weeks for receipt of refund.

*Please detach registration form here.*

**Summer 2013 Biodynamic Resuscitation of the Newborn Initial Training – Registration Deadline 8/2/13 at 4:30pm**

Biodynamic Resuscitation of the Newborn Initial Training fee: \$105 + \$20 Course-pack (required) = \$125	\$
Please send the course-pack to me. I have included \$6 postage and handling.	\$
\$75 Late Registration fee (non-refundable) in addition to the workshop fee if registration is received after 4:30pm on 8/2/13	\$
<b>TOTAL</b>	

**Payment method: (please circle)    Check/Money Order                  Cash                  PayPal (see below)**

**Name** (First, Middle Initial, Last)

**Address, City, State, Zip**

**Phone** \_\_\_\_\_ **Email** \_\_\_\_\_

- ♦ 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 the address below.
- ♦ Credit card payments are accepted through PayPal by visiting <http://www.birthingway.edu/payment.htm>. You don't need a PayPal account to pay with your credit card. By paying through PayPal, you agree to the terms and conditions on our payment page. You must include a copy of your PayPal payment confirmation with your registration form.
- ♦ If you fax your registration, please call to confirm that we have received it.
- ♦ Please see our Student Handbook and College Catalog for college policies available at <http://www.birthingway.edu/for-students/college-catalog.htm>

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Amount needed to clear registration: \$ \_\_\_\_\_ Amount Paid: \$ \_\_\_\_\_ Date/Time: \_\_\_\_\_

Method: \_\_\_\_\_ Reference #: \_\_\_\_\_

# Birthingway College of Midwifery PRESENTS



## **The 11th Annual PLANT SALE**

House plants, flowers, herb and vegetable starts, and native plants will be for sale. All the proceeds from the sale go to support Birthingway's community programs.

**May 4 & 5, 2013**

Saturday, 9:00am to 3:00pm

Sunday, 10:00 am to 3:00pm

Ben and Jerry's Parking Lot

SE 36<sup>th</sup> and Hawthorne

Portland, OR

If you would like to volunteer time or material - please call Birthingway at 503.760.3131 or email: [Jena@birthingway.edu](mailto:Jena@birthingway.edu)