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Calendar

10 th Annual Plant Sale 5/5-5/6/12
School Closed for Memorial Day 5/28/12
Summer Term Begins 7/2/12
School Closed for Independence Day 7/4/12
So You Want to Be a Midwife 8/26/12
Fall Term Begins 9/13/12

Full Circle: Birthingway Welcomes New Students and Acknowledges Core Completion Students

This season is a time of revival and new beginnings. At Birthingway, it marks the start of two new classes of incoming first year students. We are extremely excited to announce our 2012 Matriculating Cohorts who are beginning their journey to become midwives and lactation consultants.

Midwifery Program

Allegra Anderson
Margaret Bennett
Emily Born
Sarah Ehrlich
Whitney Ellington
Alicia Flanagan
Helen Hill
Janelle Bandurraga-Rice
Jamie Oller
Kate Katahdin
Angela Lygren
Jordanna McIntyre
Kendall Phillips
Nichole Probst
Sylvie White
Yuliya Yablokova

Lactation Consultation Program

Ara Dumont-Greenfield
Helen Hill
Erin Huskey-Gillis
Krystal Key
Sarah Longwell
Georgina Mora Higa
Lulu Rudolph
Elka Sundwall

Congratulations to our core completion students. You are going to be thoughtful and compassionate midwives. We are so proud of you.

Heather Arild
Angela Beach
Nichole Bendotoff
Danielle Boettcher
Megan Felling
Catherine Bailey
Cassandra Hodge
Beth Laskin
Amy McDonald
Iara Sapoznikow
Elizabeth Schroeder
Whitney Stolman
Divya Za



Are You Interested in Developing a Career Working with Moms and Babies?

If so, visit our website or call to find out more information and to set up a tour of the campus.

www.Birthingway.edu

503-760-3131

We are all grateful for those who choose Birthingway to pursue their passion in Midwifery Arts and Sciences.

So, You Want To Be a Midwife?

An exciting workshop for prospective midwifery students.

Sunday, August 26, 2012, 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 August 13, 2012 - \$70 (add \$10 for each accompanying guest)

Cost after August 13, 2012 - \$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 juice 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 26, 2012

Cost on or before August 13, 2012 - \$70 (add \$10 for each accompanying partner, spouse, parent)

Cost after August 13, 2012 - \$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 _____

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 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.

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Method: _____ Reference #: _____

Community and Student News

New Faculty and Staff



Gretchen Kraig-Turner, MST, will teach **Human Anatomy and Physiology (A&P)** at Birthingway and is also a high school science teacher in North Portland. Gretchen worked in a variety of settings before finding her true passion of teaching science. She has worked as a birth and postpartum doula in the Portland area, taught an A&P laboratory course at Portland State University, and worked as a research scientist at the University of Washington. When not teaching, she can be found going on adventures (mostly near, some far) with her husband and son.



Lucina Armstrong, LDM, CPM Her interest in midwifery began in 1998, when she worked with midwives in Costa Rica while earning her BA in public health. After graduating college, she and her husband, Andy, moved to Venezuela, where she did Fulbright research on the demise of traditional midwifery and its effect on women's health and gender roles. During her two years in Venezuela, Lucina attended many births in hospitals, private clinics, and homes. Lucina returned to the United States with a deep passion for women's reproductive rights



and a strong commitment to protecting normal birth as a sacred rite of passage. Lucina attended Birthingway College of Midwifery for the core of her education while working as a doula. She did her clinical training at Andaluz Waterbirth Center. Since finishing her training in 2007, she has been practicing midwifery here in Portland. In her practice, Lucina maintains a balance between the ancient, woman-centered art of midwifery and the most recent evidence-based best practices. Lucina teaches **Postpartum** at Birthingway and is now the **Breast-feeding Center Coordinator**.



Clinical Training News

Megan Felling is going to Senegal with the **African Birth Collective**. Preceptors on that trip will be **Marijke van Roojen** and **Ann Marie Rian**, both from Wisconsin.

Beth Laskin traveled in April to spend 3 months in Bumi Sehat Birth Center in Bali.

Katrina Bubas Stevens began clinical training with **Celeste Kersey** and **Full Moon Midwifery** in December 2011.

Emilia Smith began her clinical training with **Heather Hack Sullivan** at **Rosehip Midwifery**.

Cristyl Garner is working with **Ellie Legare** at **Right at Home Midwifery**.

Instructors Needed

Birthingway is currently seeking part-time faculty, particularly in the Associate of Science in Lactation Consultation program. For Lactation courses, certification as an IBCLC is required and a Masters degree in a relevant field is highly preferred. Please send a cover letter and resume to our Faculty Coordinator, at Nancy@Birthingway.edu.

Birthingway Non-credit Workshop:	Description:
<h1>The Trouble with Frenula: or Why Johnny Can't Nurse</h1> <p>Taught by Adrienne Fuson, BA, IBCLC, LMT, CD</p>	<p>Birthingway is excited to announce a workshop designed to assist Birth and Lactation professionals in better understanding the challenges with frenula and tongue tie. This workshop is intended to help you:</p> <ul style="list-style-type: none"> • Define and identify tongue tie in the breastfed infant • Explain the physiology of tongue tie and it's impact on breastfeeding • Describe and understand how to use the "Tongue-tie tricycle" • Explain a care plan for the tongue-tie infant <p>The workshop will cover : A wholistic approach in assessing tongue-tie, signs and symptoms of restricted lingual and labial frenula, typical infant behavior with posterior tongue-tie, the impact of tongue-tie on the mother and the mother's supply, and how to talk to parents about tongue-tie.</p>

Date / Time / Location:
Friday, June 1, 2012 ~ 9:00am - 12:00pm
Birthingway College of Midwifery - 12113 SE Foster Rd., Portland, OR 97266

Cost:
Workshop fee: \$45 LCERP CEU hours cost an additional \$10
 Registration Deadline: 5/25/12 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.

Course-pack / Required Reading:
 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 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.

Spring 2012 The Trouble with Frenula Workshop Registration Form – Registration Deadline 5/25/12 at 4:30pm

The Trouble with Frenula Workshop fee: \$45 LCERP CEU hours cost an additional \$10	\$
\$75 Late Registration fee (non-refundable) if registration is received after 4:30pm on 5/25/12	\$
TOTAL	

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

Name (First, Last, Initial)

Address

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 we have received it.
- Please see our College Catalog and Student Handbook 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 #: _____

Community and Student News Continued

**Help Birthingway
celebrate Our 20th
Anniversary!!**

Would you like to reconnect and renew friendships with dear classmates, and to celebrate shared memories and experiences at Birthingway? We are looking for one or more representative from each cohort to help us connect and generate excitement about our upcoming 20th anniversary festivities! If you are interested in this opportunity, please contact our Outreach Coordinator, Jena Novotny at jena@birthingway.edu

**We need your help to
make this an
anniversary to
remember!**



Catherine and baby Cormac

Birth Announcements

Catherine Shelton, Lactation student, welcomed **Cormac Shelton Bigger** on March 7. He was 8lb 14oz and 19 1/4 inches long. The midwives who attended her home waterbirth were **Stephanie Sherman, Stephanie Elliot, and Cassie Hodge**.

Extension student, **Terra Senter** would love to announce the birth of **Finch Jubilee Senter Heilenbach** on November 18th, 2011.

Congratulations!

Thank You!

Birthingway has so many community members to thank for Plant Sale donations and time spent planting at the first annual **Plant-In** on March 1st. A big thank you to College President, **Holly Scholles**; Board member, **Polly Gottesman**; extension year student, **Nicole Bendotoff** and staff member, **Sara Kinsel**. Thank you also to our generous volunteers including second year students: **Sharon Evans, Amanda Casley, Kyla Jones** and first year student **Yulia Yablokova**.

A special thank you to the **Portland Nursery** for the donation of herbs and flower seeds.

We truly appreciate the students and community members who donated pots, soil and seeds. Thank you all!



Library News

Library Summer Hours

**Tuesday -Thursday
10am-6pm**

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**

Birthingway Non-credit Workshop:	Description:
<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: Stacey Marshall, CD (DONA), PCD, BC, CBE

Date / Time / Location:

Thursdays 6/26/12 - 8/7/12 (7 sessions) ~ 5:00pm - 9:00pm
Birthingway College of Midwifery - Carlton House 12108 SE Carlton St., Portland, OR 97266

Cost:

Workshop fee: \$485 Registration Deadline: 6/8/12 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): \$34 Course-pack will be available for pick-up at Birthingway, Monday - Friday, from 8:30am - 4:30pm after the registration deadline. Course-pack must be read before the first class session.

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.
- 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.

Summer 2012 Labor Doula Workshop Registration Form – Registration Deadline 6/8/12 at 4:30pm

Labor Doula Workshop fee: \$485 + \$34 course-pack fee (non-refundable) = \$519	\$
Please send the course-pack to me. I have included \$6 postage and handling.	\$
\$75 Late Registration fee (non-refundable) if registration is received after 4:30pm on 6/8/12	\$
TOTAL	

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 College Catalog and Student Handbook for college policies available at <http://www.birthingway.edu/for-students/college-catalog.htm>

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Specialized Programs

Childbirth Educator

We would like to congratulate **Helen Hill** and **Leah Rupp** for certifying as Birthingway Childbirth Educators. They both work with families outside the Portland area, where services birth education isn't as abundant. Congratulations!!



Revitalized Labor Doula Mentor Program

We are also very excited to announce our revitalized Labor Doula Mentorship Program. As the Labor Doula Program continues to grow and prosper, we have many Birthingway certified and experienced labor doulas, excited to support our students. The mentors will be working with students to answer questions, offer resources and to process birth stories. They will also be creating opportunities for students to shadow them as they work with families during prenatal and postpartum visits and at births! We are very excited to have mentors as part of our team and look forward to the added support they will provide our student doulas.



Labor Doula

Our Labor Doula Practicum has never been busier! We have several students who joined the practicum this term and many more close to certification. We are very excited to welcome the following to our Labor Doula Practicum:

Brooke Downing-O'Steen
Lindsey Hammon
Jill Lewis
Lindsey Moritz
Renata Austin

And congratulations to **Katie Rose Alexander** and **Dana Comperchio** for certifying as a labor doula!

Postpartum Doula

The students in the Postpartum Doula Program have been very busy working with moms and babies this term. Thank you for all your hard work! We have a workshop starting in April and another scheduled to begin Fall term. For more information about the Fall workshop, please contact **Sadie Eck**, Specialized Programs Coordinator, at sadie@birthingway.edu.

House Bill 3311 Implementation Committee:

Exploring Options for Utilizing Doulas for Under-served Women in Oregon

In 2011, the Oregon legislature passed House Bill 3311. This legislation mandated the Oregon Health Authority to explore options for providing or utilizing doulas in the state medical assistance program. The goals to improve birth outcomes for women who face greater prenatal risk of poor birth outcomes.

Sadie Eck, Birthingway's Specialized Programs Coordinator, participated in the Implementation Committee. This socially, culturally and professionally diverse group included representatives from community based organizations, health care system groups as well as health systems organizations and practicing doulas. The group worked hard to put together a final report for the Legislative session that was held in February.

The committee report identified that “a consistent pattern of disparities in birth outcomes between women of color and the Non-Latino white population regardless of geography or payer. As Oregon’s population grows and diversifies, it is essential that these disparities be addressed. Based on research reviews, doulas are likely to be a strategy to decrease health inequities in Oregon’s birth outcomes. Additionally, the committee found doulas would be an overall strategy to improve birth outcomes funded by both Medicaid and private insurance.”

We are very excited for the future of doula support in Oregon.

Birthingway Non-credit Workshop:	Description:
<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 ~ 6/15/12 ~ 9:00am - 2:00pm *This is a renewal class, so you must provide a copy of your current neonatal resuscitation card when registering.*
AHA Healthcare Provider CPR Certification ~ 6/15/12 ~ 2:30pm - 5:30pm
Birthingway College of Midwifery - 12113 SE Foster St., Portland, OR 97266

Cost:
Biodynamic Resuscitation of the Newborn: \$80
AHA Healthcare Provider CPR Certification: \$50
 Registration Deadline: 6/1/12 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 2012 Resuscitation Workshops Registration Form – Registration Deadline 6/1/12 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) if registration is received after 4:30pm on 6/1/12	\$
TOTAL	

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 PalPal confirmation with your registration form.**
- If you fax your registration, please call to confirm that we have received it.
- Please see our College Catalog and Student Handbook for college policies available at <http://www.birthingway.edu/for-students/college-catalog.htm>

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Community Spotlight



Bonnie McAnnis BA, LMT
Massage for Midwives Instructor

When and how did you become part of the Birthingway community?

In the early 1990's, I was part of a study group of apprentices and aspiring midwives. We met in each other's homes, so at one point we met in my living room. We wanted to find a midwife who could help us learn practical skills, and that's how Holly came into the picture. Eventually, the living room study groups moved to meeting around a dining room table at Holly's house. The study group grew into becoming a midwifery school. In my memory, it was a very organic process. So I guess you could call me a founding member/student of Birthingway.

What types of jobs/roles have you done throughout the years?

I've filled many roles at Birthingway. In the early years, when Holly was the primary instructor (along with the occasional instructor),

I was the "office manager". It was really just the two of us.

After a time of inhabiting that role, I began co-teaching Anatomy and Physiology with Marilyn Milestone, and eventually I became the sole instructor for the course. I also developed and taught the labor doula course, and for a time, taught Infancy as well. Massage for Midwives was added as an elective course sometime around 2003-04.

So, I've been a student, a staff person and a faculty member of Birthingway.

How has being a part of the Birthingway community impacted your life?

Paradoxically, it is hard to both find the words and to be brief about the ways being a part of Birthingway has affected me. When Holly first came calling to ask, and then persuade, me to come and work in the office, it was a healing experience for me. I had left my apprenticeship wounded and burnt out, licking my wounds and certain that midwifery was done with me, yet coming back to Birthingway and becoming part of the community in a new role, allowed me to heal in the midst of midwifery. As the years passed, being able to learn, develop and teach new classes and programs was a tremendous opportunity for growth.

The relationships and interactions with so many amazing and gifted women, students, staff, midwives and instructors have been a grace-filled blessing. Birthingway has been an important part of my life on many different levels for over 20 years, and I am so grateful for the opportunity to be a part of this community.

Since we are celebrating our 20th anniversary in 2013, do you have a favorite Birthingway story to share?

Many of my memories over these many years at Birthingway are either a bit fuzzy or have become compilations of several instances or stories. I do, however, have some clarity of memory about a rafting trip that we all took together on the Deschutes River, probably back in 1994. **Carrie Parrish McCormick** had worked as a river guide and she was our trip leader. **Susan Moray** was part of that rafting adventure, as was **Holly**, myself and our other classmates, **Sheila Wise** and **Lucy Hoblitzelle**. I think there were the 6 of us. It was a lot of fun!! I wish I could find a copy of the photo... wetsuits and all!

Keep Up to Date on the Anniversary Celebration!

Birthingway will be 20 years old in 2012. To keep up with the news and details about the festivities, please sign up for our e-newsletter and follow us on Facebook!

Birthingway College of Midwifery

PRESENTS



The 10th Annual PLANT SALE

House plants, unusual 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 5 & 6, 2012

Saturday, 9:00am to 3:00pm

Sunday, 10:00 am to 3:00pm

Ben and Jerry's Parking Lot
SE 36th and Hawthorne

If you would like to volunteer time or material - please call Birthingway at
503.760.3131 or e: Jena@birthingway.edu



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

Phone:
503.760.3131

Fax:
503.760.3332

E-mail:
info@birthingway.edu

If you receive this newsletter via email and
you would prefer to receive it by mail,
please contact the college at
info@birthingway.edu
or at 503-760-3131

Also, don't forget: you can download all of
the registration forms from
www.birthingway.edu



Birthingway
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Portland, OR 97266

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