



Birthingways

Summer 2011

Volume 16, Issue 2



The Newsletter of Birthingway College of Midwifery

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Regarding Charting:

“The palest ink is better than the best memory.”

-Ancient Proverb

Calendar

Summer Break	7/2-9/14
School Closed for Independence Day	7/4
So You Want to be a Midwife Workshop	8/28
So You Want to be a Lactation Consultant Workshop	9/22
Community Fall Registration Opens	8/12-8/26

Birthingway's 2011 Matriculating Class

We are extremely excited to announce these new incoming first year midwifery students who began their studies the second week of April:

**Katherine Adams
Kyla Carstensen
Elizabeth Clary
Megan Coppock
Sharon Evans
Suzanne Koenig
Desiree Lang
Kim Le
Amanda Maier
Brooke O'Steen
Valerie Schlaht
Regan Vickery
Talia Wang
Denise Wildrick
Melissa Wiseman
Erin Yocom**

We are also proud to welcome Birthingway's First Ever Associate of Lactation Consultation Class:

**Celeste Bicknell
Venessa Chavez
Christina Fuller
Lisa Keres
Jacqueline Revilla
Catherine Shelton
Anne Tegtmeier
Denise Wildrick**

We're excited to have you ladies pioneering this program!

We are looking forward to supporting these lovely groups of women throughout their journey here at Birthingway.

We are also extremely grateful to all of you who continue to support, pursue, and encourage the growth of the midwifery arts and sciences.



2011 Core Completion

Each year the third year midwifery students pass down their core day to the incoming first year students. This year, the following ladies are passing on their Thursday:

**Cassandra Breer
Jocelyn Brown
Janine Dale
Sahara Foster
Melanya Gonshorowski
Mindy Harshman
Sarah Heany
Maura Jansen
Tzipora Kirschner
Serena Lynch
Melissa Maureen
Terra Senter
Emilia Smith**

We love you all so much and each of you will forever be a part of Birthingway. Congratulations on completing Core!

Birthingway Non-credit Workshop:	Description:
The Labor Doula 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:
Four Sessions - 6/25, 6/26, 7/9, 7/10/11 ~ 9:00am - 5:00pm
Birthingway College of Midwifery - Carlton House 12108 SE Carlton St., Portland, OR 97266

Cost:
Workshop fee: \$485 Registration Deadline: 6/10/11 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. Only 16 students will be accepted for this workshop.

Required Course-pack / Equipment
 Course-pack fee (non-refundable): \$67 Course-pack will be available for pick-up at Birthingway College, 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.

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 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 2011 Labor Doula Workshop Registration Form (4 session) – Registration Deadline 6/10/2011 at 4:30pm

Labor Doula Workshop fee: \$485 + \$67 course-pack fee (non-refundable) = \$552	\$
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 6/10/2011	\$
TOTAL	

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

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.
- Birthingway cannot accept third-party PayPal payments. The name on the credit card/account must be the same as the student taking this workshop.

OFFICE USE ONLY

Date/time/payment/initial _____

Please route in this order: _____ FIN _____ REG _____ TECH _____ FIN _____ LRC _____ OPS _____ SPPC _____ SAC _____ File

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

Method: _____ Reference #: _____

Student News



Hello From SMAC!

Who are we? SMAC stands for the Student Midwives Advocacy Council.

We are a group of midwifery students from Birthingway and beyond.

Although we are not a Birthingway affiliated group, many of our members come from this lovely community.

What do we do? Some of SMAC's goals are to:

- Support the Oregon Midwifery Council (OMC) and their projects
- Help each other learn about OMC and the politics of midwifery in Oregon
- Integrate the Birthingway community with each other by

connecting with members of other cohorts and extension students and to the midwifery community in general by including nurse midwives, naturopaths, and any other midwifery students who are interested in joining us:

- Build community and friendships
- Support each other on our paths to midwifery
- Practice skills with each other in a relaxed setting
- Have fun!

What are we working on?

- Silk-screening T-shirts to sell at midwifery events as a fundraiser for OMC
- Various other fund-raising projects
- Going to OMC meetings, sharing what's going on there with other students, and offering help with projects to the midwifery community
- Outreach to midwifery students from other schools and pathways

- Offering support to each other
- Practicing skills

Interested in hearing more or joining us?

• Join our Google group to see what we're talking about! If you want to join the Google group, contact **Maura Jansen** (extension student) at maura.jansen@gmail.com or join the Google group online (go to groups.google.com, search for SMAC, it's the first one that comes up, and join!

• Come to our next meeting! We meet monthly, alternating between the second Saturday of the month and the second Thursday of the month.

Our next meeting is on Saturday, June 25th at 12pm. We will be meeting at **Emily Kearns'** house which is located at 4750 N. Vancouver Ave. Portland, OR 97217 Please come join us!

For more information contact **Catherine Bailey** (third-year student) at catherinewbailey@gmail.com.

State News

Recently, Representative Mitch Greenlick introduced a bill to the House Health Committee which would have mandated licensure for all Oregon direct-entry midwives.

After receiving many public comments opposing the bill, it was revised by removing the mandatory licensing provision. As amended, HB 2380 would give Licensed Direct-entry Midwives (LDMs) protected peer review as well as restore a majority of LDMs to the licensing Board. This bill was recently approved by the house and will move to be voted upon by the Senate Health Care Committee soon.

Revised OHLA Rules

The Oregon Health Licensing Agency recently released revised rules covering Licensed Direct-entry Midwifery. The new rules include changes in consultation and transfer criteria, as well as other requirements for LDM practice. For a copy of the new rules, visit www.oregon.gov/OHLA/DEM/.

Information for Oregon licensed Midwives

As of January 1, 2011, the Legend Drugs and Devices initial and renewal rules have changed. Licensed Direct-entry



Midwives must now complete their initial training no more than two years prior to becoming licensed and LD & D training must be renewed every two years. Birthingway offers two renewal trainings a year, one in the Fall and one in the Spring, so please plan your renewals accordingly. For upcoming dates and more information, please contact Birthingway College of Midwifery.

So, You Want To Be a Midwife?

An exciting workshop for potential midwifery students.

Sunday, August 28, 2011 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 15, 2011 - \$70 (add \$10 for accompanying partner, spouse, parent)

Cost after August 15, 2011 - \$80 (add \$15 for each accompanying partner, spouses, parent)

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 6 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 College
- * 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

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Please register me for So, You Want To Be a Midwife? – Sunday, August 28, 2010

Cost on or before August 15, 2011 - \$70 (add \$10 for each accompanying partner, spouse, parent)

Cost after August 15, 2011 - \$80 (add \$15 for each accompanying partner, spouse, parent)

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.
- Birthingway cannot accept third-party PayPal payments. The name on the credit card/account must be the same as the student taking this workshop.

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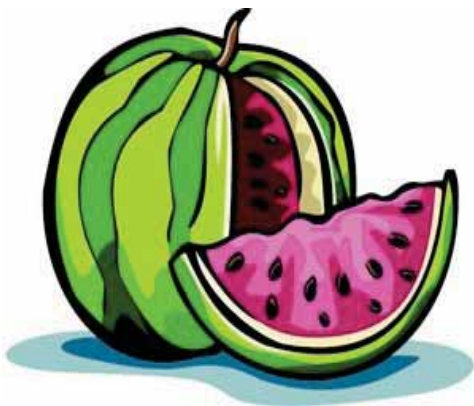
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Amount needed to clear registration: \$ _____ Amount Paid: \$ _____ Date/Time: _____

Method: _____ Reference #: _____

Community News



Clinical Training News

Extension student **Susan Buckley** will be working with **Patricia Couch, Desiree LeFave,** and **Angie Chrisholm** at **Bella Vie Gentle Birth Center.**

Donation Thank You

We would like to thank **Cascade Healthcare**, who donates books to our library on a regular basis.

All the contributions we receive have an enormously positive impact on our students' education.

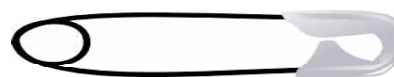
If you or anyone you know would like to donate any items to Birthingway, please give us a call.

Remember that donations made to Birthingway are tax deductible as allowed by law.

Birth Announcement

Allison Casler, Birthingway graduate, and **Kerr Mahnke** are proud to announce the birth of their son **Ambrose James Mahnke** who was born at home in the bathtub after a quick and smooth labor on January 9th. He weighed in at 5lbs 12oz.

They would also like to thank their awesome midwife, and Birthingway graduate, **Brandee Grider** for all of her wonderful care!



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

Summer Library Hours

7/1 – 9/11
 Tuesday-Thursday
 10am-6pm

CLOSED MONDAYS!

Vacations happen, so PLEASE call and/or check the Web site first before coming in.

Portland State University Capstone Project

We have continued our relationship with **PSU** and instructor **Carrie Cohen**, who has graciously included Birthingway's Breastfeeding Center as a non-profit partner for one of the Senior Capstone classes. Over the course of two terms, more than 30 PSU students have helped Birthingway develop and submit a survey to moms and practitioners to help us hone in on the needs and obstacles of our community regarding breastfeeding support. They have also developed beautiful outreach materials, including postcards, brochures, and a



slide show we will be posting on our website soon. Keep watch for it.

A new group of students this spring will collect and analyze survey data for us. Thank you so much Carrie and Portland State for your active work in support of breastfeeding!

Birthingway Non-credit Workshop:	Description:
<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 three years ago.

Date / Time / Location:
Biodynamic Resuscitation of the Newborn - Initial Training ~ July 8th, 2011 9:00am - 5:30pm
Birthingway College of Midwifery - Carlton House 12108 SE Carlton St., Portland, OR 97266

Cost:
Neonatal Resuscitation Initial fee: \$105
 Registration Deadline: 7/11/11 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 Required: \$10

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 2011 Biodynamic Resuscitation of the Newborn Initial Training – Registration Deadline 7/1/11 at 4:30pm	
Biodynamic Resuscitation of the Newborn Initial Training fee: \$105 + \$10 Course-pack (required) = \$115	\$
\$75 Late Registration fee (non-refundable) if registration is received after 4:30pm on 7/1/11	\$
TOTAL	

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

Name (First, Last, Initial)

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.
- Birthingway cannot accept third-party PayPal payments. The name on the credit card/account must be the same as the student taking this workshop.

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Method: _____ Reference #: _____	

Brain Teasers

Please try to solve the problems below. Let your mind go and use your creative thinking skills! Good Luck!

1. You have a 3 gallon jug and a 5 gallon jug. You need to measure out exactly 7 gallons of water. How can you do it?

2. Please add up the following numbers **in your head**:

Start with 1000

Add 40

Add 1000

Add 30

Add 1000

Add 20

Add 1000

Add 10

Write down your answer.

3. I have 2 U.S. Coins that total 55 cents. One of them is not a nickel. What are the two coins?



4. A man is looking at a photograph of someone. His friend asks who it is. The man replies, "Brothers and sisters, I have none. But that man's father is my father's son." Who was in the photograph?

5. Your sock drawer contains 24 white socks and 30 black socks. The lights in your room are off, so you cannot see the color of the socks. How many socks must you grab to ensure to have at least one matching pair?

6. You are in a room that has 3 switches and a closed door. The switches control three light bulbs on the other side of the door. Once you open the door, you may never touch the switches again. How can you definitively tell which switch is connected to each of the light bulbs?

7. What can run but never walks, has a mouth but never speaks, has a head but never weeps, and has a bed but never sleeps?



8. What are the next 3 letters in the following sequence?
J, F, M, A, M, J, J, A, __, __, __

9. Jimmy's mother had four children. She named the first Monday. Named the second Tuesday. The third is named Wednesday. What is the name of the fourth child?

10. In a year there are 12 months. 7 months have 31 days. How many months have 28 days?

11. Alex wants to go home but can't, because the man in the mask is waiting for him. What is happening?

Answers on the next page...

BRN Approved for CPM Renewal

NARM has officially approved our Biodynamic Resuscitation of the Newborn (BRN) workshop to meet the new neonatal resuscitation requirement for CPMs.

Oregon midwives could already use BRN certification to renew their licenses - now midwives can use it for CPM renewal too.

You can see NARM's list of approved neonatal resuscitation programs at <http://narm.org/news/news-title-2/>

The Oven Bird Robert Frost (1920)



There is a singer everyone has heard,
Loud, a mid-summer and a mid-wood bird,
Who makes the solid tree trunks sound again.
He says that leaves are old and that for flowers
Mid-summer is to spring as one to ten.
He says the early petal-fall is past
When pear and cherry bloom went down in showers
On sunny days a moment overcast;
And comes that other fall we name the fall.
He says the highway dust is over all.
The bird would cease and be as other birds
But that he knows in singing not to sing.
The question that he frames in all but words
Is what to make of a diminished thing.

Birthingway Non-credit Workshop:	Description:
The Labor Doula 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:
Nine Sessions - 6/6, 6/13, 6/20, 6/27, 7/11, 7/18, 7/25, 8/1, 8/8 ~ 5:30pm - 8:30pm
Birthingway College of Midwifery - Carlton House 12108 SE Carlton St., Portland, OR 97266

Cost:
Workshop fee: \$485 Registration Deadline: 5/30/11 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. Only 6 students will be accepted for this workshop.

Required Course-pack / Equipment
 Course-pack fee (non-refundable): \$67 Course-pack will be available for pick-up at Birthingway College, 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.

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:
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Please detach registration form here.

Summer 2011 Labor Doula Workshop Registration Form (9 session) – Registration Deadline 5/30/2011 at 4:30pm

Labor Doula Workshop fee: \$485 + \$67 course-pack fee (non-refundable) = \$552	\$
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 5/30/2011	\$
TOTAL	

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

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.
- Birthingway cannot accept third-party PayPal payments. The name on the credit card/account must be the same as the student taking this workshop.

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Date/time/payment/initial _____
 Please route in this order: _____ FIN _____ REG _____ TECH _____ FIN _____ LRC _____ OPS _____ SPPC _____ SAC _____ File
 Amount needed to clear registration: \$ _____ Amount Paid: \$ _____ Date/Time: _____
 Method: _____ Reference #: _____

Breastfeeding News

Thank You!

Special thanks to **Jena Novotny** for donating maternity and baby clothes to our Breastfeeding Center clothes exchange.

Our ongoing needs include:

Breastfeeding supplies or gift certificates to baby supply stores are always welcome. We are also establishing a baby clothes exchange and would be happy to receive any gently loved baby clothes to begin our program.

Our primary purchasing goal for 2011 is to buy a new Symphony hospital grade breast pump. Any monetary donations to the Breastfeeding Center would help us toward this goal.

Birthingway is a 501(c)3 non-profit organization and any donations to our free Breastfeeding Center are needed, welcomed, and tax deductible as allowed by law.

Birthingway Breastfeeding Center

Our Breastfeeding Center is becoming a fabulous resource for families in Portland.

Our weekly support group on Tuesdays (10am-1pm) welcomes families of all ages and stages to come together in a comfortable, non-structured but facilitated setting to chat about their breastfeeding challenges and triumphs, to share stories and snacks, and to find answers to important questions.

We are offering monthly breastfeeding classes and our phone line and free lactation consultation services provide help for tougher questions and concerns.

Do you know a pregnant mom that wants to breastfeed or is currently breastfeeding?

Great news! We are now offering a free 2-hour **BREASTFEEDING CLASS** for mamas interested in a seminar-based class.

Come join us the third Tuesday of every month from 1pm–3pm at Birthingway's Breastfeeding Center located at 12108 SE Carlton St. Portland, OR 97266. Drop-ins are welcome.

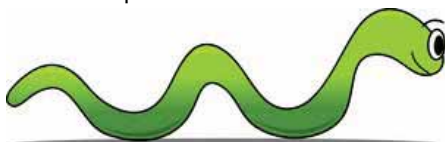
This class will be taught by a Birthingway student breastfeeding counselor. Please contact Birthingway at 503-760-3131 or email stacey@birthingway.edu with any questions.



Answers to brain teasers on the previous page

1. Fill the 5 gallon jug, pour it into the 3 gallon jug until the 3 gallon is full, leaving 2 gallons in the 5 gallon jug. Now pour the 3 gallon jug out. Pour the remaining 2 gallons from the 5 gallon in to the empty 3 gallon jug. Now fill the 5 gallon into the empty 3 gallon jug. Now fill the 5 gallon jug and you now have exactly 7 gallons.

2. Many will get 5000, but the actual answer is 4100



3. A fifty-cent piece, and a nickel. I said 'one is not a nickel', but the other one is!

4. His son

5. Three. In the worst case, the first two socks you take out will consist of one black sock and one white sock. The next sock you take out is guaranteed to match one or the other.

6. Turn on the first 2 switches. Leave them on for 5 minutes. Once 5 minutes has passed, turn off the second switch, leaving one switch on. Now go through the door. The light that is still on is connected to the first switch, whichever of the

other two is warm to the touch is connected to the second switch. The bulb that is cold is connected to the switch that was never turned on!!

7. A river

8. S, O, N – the sequence is first letter of the months of the year. September, October, and November are the next in the sequence.

9. Jimmy.

10. They all do.

11. A baseball game is going on. The base-runner sees the catcher waiting at home plate with the ball, so decides to stay at third base to avoid being tagged out.



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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