

SMS Bulletin

Fall 2004



SEATTLE
MIDWIFERY
SCHOOL

EDUCATION
ADVOCACY
EMPOWERMENT

BUILDING COMMUNITY WITH YOUR CLIENTS

—Audrey Levine LM, CPM, SMS class of 2001

Want to do something wonderful for SMS, your clients, and yourselves? Host an SMS fundraiser! On Saturday, May 22, my home was filled with families who were not merely willing, but EAGER to lend their support to a program that has been dedicated for 25 years to birthing midwives. One of my clients, Colleen Madden, catered the event—the food was fabulous—and it was a lovely opportunity for community building.



My fear that a soaking rain throughout the day would keep people from showing up turned out to be unfounded. To my delight, over 50 soggy parents and children came to express their appreciation for the care they had received from me and demonstrate their commitment to expanding midwifery as an option for more families.

When I mailed out invitations, I made it clear that the purpose of the gathering was to raise money for SMS, but I also emphasized that everyone was welcome to attend, even if they were not able to make a contribution to SMS at this time. The event raised almost \$2,000. More importantly, I think, the folks who came felt a sense of shared purpose. We had a great and lively discussion about the current challenges facing the midwifery community both in Washington State and nationally. Several people offered to help in any way possible with future political work.

It was one of the most gratifying experiences I've had since starting my own midwifery practice three years ago. I would be happy to speak with any other midwives or doulas who are considering hosting such an event on behalf of SMS. Please feel free to call me at (360) 709-0888 or send me an e-mail at nelsaud@earthlink.net.



800.747.9433
206.322.8834

www.seattlemidwifery.org



Giving Thanks! Auction

SMS will host our fabulous annual dinner and auction on Saturday, November 13. You won't want to miss this event. Where else can you celebrate with friends, do your holiday shopping (or splurge a little on yourself), and support SMS all at the same time? *(exciting details next page)*

ALSO IN THIS ISSUE:

- ◆ Awesome Auction Items!
- ◆ March of Dimes Grant
- ◆ Extension Education
Program News
- ◆ Midwifery Education
Program News
- ◆ New MEP Student Bios
- ◆ New Board Members

Auction News

(continued from front)

The big news is that we have upgraded our venue. The auction will take place at The Mountaineers on lower Queen Anne near Key Arena in Seattle. It's a wonderful space and the food sounds divine. My mouth starts to water just thinking about it!

We have received some awesome items for the auction, including a 1-week vacation in Whistler, a moonlight sailboat ride, and services like acupuncture and massage. You will be able to preview more of the amazing auction items on the SMS web site at the beginning of November. Start planning your strategy now for winning those items you just have to have. Please contact Joanna Barger on at joannabarger@hotmail.com if you would like to help procure items for the auction.

Send in your reservation card soon to guarantee your spot and your choice of entree. Let us know if you need a new reservation card. Or, if you prefer, we can take your registration over the phone.

If you would like to donate an item to the auction, be a sponsor, or help with planning, please contact us at info@seattlemidwifery.org or (206) 322-8834. If you are interested in volunteering the night of the auction, there are still plenty of opportunities. Please contact Barbara Green at barbarag@seattlemidwifery.org if you would like to help us in this way.

We look forward to seeing you there!

~Barbara Green

SMS Privacy Policy

Periodically, SMS lets sister organizations use portions of our mailing list for one-time notifications of special events we think might be of interest to you. As we reach out more to other organizations we are starting to engage in these mailing list trades more frequently. As a result, we recently implemented an opt-out policy. If you prefer that we not share your mailing information with other organizations, please let us know by contacting us at info@seattlemidwifery.org or (800) 747-9433.

DOULA AND EXTENSION EDUCATION PROGRAM NEWS

March of Dimes Grant Supports Doula Training For Women of Color

When grant writers proposed a program to train women of color to be doulas, they were talking about women like Virginia Herrera and Sabine Thomas – two women who were already making great contributions to their communities, and were ready to take on new challenges.

Take Sabine Thomas. She's a 29-year-old graduate of Mount Holyoke College, whose family is originally from Haiti. She spent most of her life in Zaire (which in 1997 became the Democratic Republic of the Congo), before coming to the United States 14 years ago. Since 2001, Thomas has worked as a health educator at the Center for MultiCultural Health in Seattle, focusing on prevention of AIDS, tobacco use, and infant mortality.

"I have a weakness to work with teen mothers – partners are not there, families are not supportive," Thomas said.

With the help of a March of Dimes grant, Thomas completed the SMS Labor Support Course in January and the Postpartum Doula Training in March. She is in the process of completing her PALS certification.

While becoming a doula has allowed Thomas to expand her work with underserved communities, it has also had an effect on her own goals for the future. She realized "I could become a midwife and work in public health."

In all, 22 women of color have completed doula training at SMS since last summer. The March of Dimes grant paid for the training of 12 of those women, and the remaining 10 received scholarships from SMS, Pacific Foundation for Childbirth Support, and Seattle/King County Public Health. SMS and its collaborators are seeking funding to continue this program.

"The cool thing is that women are coming to us who have heard about it through their friends," said Annie

Kennedy, Doula and Extension Education Program Director at SMS. "There's a buzz about it."

According to Virginia Herrera, there was a bit of a buzz even before the program took off. She heard through a friend in Spokane that women of color and Spanish speakers were being sought to train as doulas. The 37-year-old mother of two cleans houses and works with Spanish-speaking parents at Head Start. Herrera is originally from Mexico City, and moved to the Seattle area 13 years ago.

Before becoming a doula, Herrera had attended five births to support friends, but said she didn't necessarily feel good about those experiences. She said she lacked the language of advocacy, and didn't know exactly what her friends needed.

Since completing the doula course in May and becoming a member of PALS, she said that her experiences have been much more positive, and she has been spreading the doula word among Latina women – becoming a community doula.

"I think they feel like 'who is this woman,' but later on when they realize that I speak the same language and have the same background, they begin feeling much more comfortable," Herrera said.

That ability to give comfort is a big source of pride for her. "I really helped them, and they feel comfortable with me, and they can have somebody at that difficult time."

For information about receiving financial assistance:

- SMS – call for an application or visit www.seattlemidwifery.org/doula_education_FinAidForm.pdf
- Pacific Foundation for Childbirth Services (now Open Arms Perinatal Services) - call (206) 723-6868, visit www.OpenArmsPS.org, or e-mail scholarship@OpenArmsPS.org for information on the Penny Simkin Scholarship Fund
- Mary Sheridan Foundation (for residents of Thurston County) - call (503) 233-1568 or e-mail flagpatch1@msn.com

~Tiffany Smith-Fleischman

Upcoming Doula and Extension Education Classes

Providence RI (with Penny Simkin)

When Survivors Give Birth - Nov 4
Labor Support Course - Nov 5-6
Birth Doula Trainer Course - Nov 5-7

Seattle WA

Postpartum Doula Training -
Nov 12-13 and 19-20
Labor Support Course -
Nov 30-Dec 1 and Dec 3-4
Breastfeeding Educator Course -
Jan 7-9 and 21-23, 2005 (special
introductory price!)
When Survivors Give Birth -
Jan 27-29, 2005 (with Penny
Simkin and Phyllis Klaus)
Childbirth Educator Training -
Feb 11-13 and Mar 18-20, 2005

For more information, visit
[www.seattlemidwifery.org/
doula_education.htm](http://www.seattlemidwifery.org/doula_education.htm). To register,
contact us at info@seattlemidwifery.org
or (800) 747-9433.

When Survivors Give Birth

This is an essential course for anyone who works with pregnant and birthing women and their families. Penny Simkin will lead a workshop on November 4 in Providence RI. Penny will teach an extended course in Seattle with Phyllis Klaus on January 27-29, 2005. Visit [www.seattlemidwifery.org/
doula_education_survivors.htm](http://www.seattlemidwifery.org/doula_education_survivors.htm) for more information.

More Than Food: Breastfeeding Educator Course

Make a difference for mothers and babies! This comprehensive course is taught by Molly Pessl BSN, IBCLC, and Ginna Wall, MN, RN, IBCLC on January 7-9 and 21-23, 2005. The course will provide you with the theoretical foundation for the IBLCE certification exam. Visit [www.seattlemidwifery.org/
doula_education_breastfeeding.htm](http://www.seattlemidwifery.org/doula_education_breastfeeding.htm) for more information.

DONA News

Doulas of North America announced at their July conference in New Orleans that they are changing their name to DONA International. DONA has received many requests from global doulas who need an organization. The new name symbolizes DONA's desire to be instrumental in assisting the worldwide doula movement. See www.dona.org for more information.

Program Growing to Meet Needs

One of the goals in SMS's new strategic plan is to meet community needs by expanding the Doula and Extension Education Program. We are moving forward rapidly to meet this goal by introducing several new courses.

- We have created a new Breastfeeding Educator Course for aspiring lactation consultants.
- Penny Simkin will teach workshops in Providence, Rhode Island and Seattle, Washington for care providers working with pregnant and birthing survivors of sexual abuse. Penny will be joined for the Seattle workshop by Phyllis Klaus, the co-author of their long-awaited book *When Survivors Give Birth*.
- We are adding two more Labor Support Courses to meet the growing demand. One will be held in Providence, Rhode Island and one in Bellevue, Washington.

We have hired a new Labor Support Course instructor, Carrie Kenner. Carrie is an active doula, doula mentor, and childbirth educator in Seattle. She also serves on the boards of directors of the Pacific Association for Labor Support (PALS) and REACHE.

Dana Blue recently stepped down from teaching the Labor Support Course, but continues to be an instructor of the Postpartum Doula Training. In July, Dana accepted the Phyllis Klaus award at the annual DONA International conference in New Orleans, LA. Congratulations

When Survivors Give Birth: Understanding and Healing the Effects of Early Sexual Abuse on Childbearing Women

The long-awaited book by Penny Simkin and Phyllis Klaus has arrived! Order your copy by calling (800) 201-7892 ext 72. Mention the code "SMS" and Penny will donate 20% of the proceeds to SMS.

and thank you Dana, for your important contributions to the doula profession!



Dana Blue receives a certificate of appreciation from Annie Kennedy to celebrate over ten years as an instructor of the SMS Labor Support Course.

To help with day-to-day operations of the growing program, SMS hired Terri Turner-Carney as the new Doula and Extension Education Program Assistant. Terri's assistance will enable Program Director Annie Kennedy to focus on program planning and implementation of new courses. Terri and Annie took doula training together way back in the late 1980s. Terri is a doula, former childbirth educator, and continues as the SMS Midwifery Education Program Assistant. She is a wonderful warm and funny presence with much wisdom to share. You can reach Terri at (206) 322-8834 x105 or deep@seattlemidwifery.org.

MIDWIFERY PROGRAM NEWS

Seniors Head Overseas For Clinical Rotations

As is often the case this time of year, many senior midwifery students have been heading to exotic places to complete their practicum requirements. In addition, we are excited to announce that we have another preceptor site in place.

Sharon Avolio (Bellingham, WA) loved working with the midwives at Victoria Hospital in St. Lucia during the month of July.

Anne LeBlond (Jaffray, BC) left for Vanuatu in the Fiji Islands in August. We are happy to report that she is coming home early, having accomplished her goals more quickly than anticipated.

Theresa Yankson (Calgary, AB) recently left for a rotation in St. Lucia and will return in October.

Karen Dugan (Seattle, WA) will be the second SMS student to join the African Birth Collective for a three-week rotation in Senegal. Karen will leave in November.

Thanks to a contact provided by freshman Mel Parsons, we have a new site in Davao City on Mindinao Island in the Philippines. Our students can now gain clinical experience at the Mercy Maternity Center, a community birth center. SMS senior, Suzanne Fisher will be the first student to complete a rotation at this new site.

SMS Welcomes St. Lucian Midwife

The SMS Global Midwifery Fund was formed to support sister midwives in those countries where our students have received clinical training. Supported by staff, faculty, students and preceptors, the fund has provided money to purchase much-needed supplies for those clinics we visit.

We are excited to announce that, after two years, we have raised enough money to bring a St. Lucian midwife to Seattle for training in lactation support. Victoria Hospital in St. Lucia is working toward official designation as a Baby-Friendly Hospital. A maternity facility can be designated 'baby-friendly' by the World Health Organization when it does not accept free or low-cost breastmilk substitutes, feeding bottles or teats, and has implemented 10 specific steps to support successful breastfeeding. One of the steps is to train staff to support breastfeeding. In January 2005, SMS is offering its first Breastfeeding Educators Course, and Miss Marcelene Davis from Victoria Hospital will attend. With the generous support of area midwives and SMS staff, we will also be able to provide housing and time with homebirth midwives in the Seattle area. We are working to provide a breast pump to send back to St. Lucia with Miss Marcelene.

If you are interested in helping with this important project please contact Terri Turner-Carney at x106 or territ@seattlemidwifery.org.

Welcome, New Staff & Faculty!

SMS alumna, Annie Moffat has been on the SMS faculty since 2002 and served on the SMS board for a number of years. We are now pleased to welcome her to the SMS staff. Since June, Annie has assumed the role of overseeing the admissions process, as well as taking on Midwifery Program responsibilities as an assistant director. We appreciate the many talents she brings, and her students are happy to see more of her.



New SMS instructor Heather Chorley (right) with junior student Carolee Hall



Angie Brothers

On the faculty side, we are happy to add 1998 graduate and preceptor, Heather Chorley to our roster. Heather joined the SMS faculty this summer as a co-instructor with Suzy Myers for the Labor and Birth section of our Midwifery Care series.

Our much-loved genetics instructor, Angie Brothers, is now also teaching our Introduction to Epidemiology for Midwives course. At the Department of Health, Angie is implementing the Washington State Genetics Education Plan. She has also worked in the private sector as a genetics counselor. Angie joined the SMS faculty in fall 2001.

Introducing Our New Midwifery Program Students

The SMS Midwifery Education Program is thrilled to welcome 19 new students this fall. One of these is a non-matriculating student who hopes to enroll next fall (Charlene King). We also welcome back two students returning from a leave since winter quarter, Sara Mitchell (Anacortes, WA) and Annique Sampson (Putney, VT). Please join us in welcoming them, and enjoy reading their inspiring biographies which reflect the great diversity and varied backgrounds of the women who are drawn to SMS.

Kristin Belcher While earning a degree in history at the University of Missouri at Kansas City, I first heard of the modern midwifery movement in a Sociology of Birth course. While I was certain at that point that my babies would be born at home with a midwife, I didn't think midwifery was for me as a profession. Over the years, I gave birth to my own child at home (with the able assistance of SMS-trained midwives), tried to convince myself that I haven't been called to midwifery, only to discover that the call to birth isn't going away and, finally, researched every avenue to midwifery that I could find. My overwhelming conclusion is that SMS is the best place to train. I am also interested in the spiritual aspects of pregnancy, birth and parenting, so I will be undertaking shamanic training over the next several years as well.

Lorri Carr I grew up in Houston, TX and started as a music major, but biology interested me the most! After moving to Seattle and then to a very remote rural area on the coast, I began studying alternative medicine. Four of my babies were homebirths and one was a water birth. After attending about 20 births, many in hospitals with higher-risk mothers, there is no doubt about midwifery being my vocation. Right now our farm is located in Vancouver, WA but hopefully soon we will be moving east of the mountains where I look forward to starting a birth practice after graduation.

Katherine Coletti I grew up in Atlanta, GA and at a very young age I developed an interest in alternative



(back row, left to right) Andrea Henderson, Calah Tenney, Jane Peterson, Jill Habansky, Kristin Belcher, Jennifer Elliot-Seel, Angela Shear, and Olivia Page (middle row) Sara Mitchell, Jenny Fairbrother, Brandy MacDonald, Charlene King, BreeAnn Larios, and Lorri Carr (front row) Sarah Hainley, Katherine Coletti, Audra Sanderhoff, Libby Williams, Melanie Parsons, and Yvette Gentry

medicine and midwifery. I attended massage school in Atlanta and have been working as a massage therapist while completing my prerequisites for midwifery school. I'm now living on a small vineyard in Sonoma, CA with my wonderful dog. I love it! I enjoy time with my friends and family, reading, yoga, music, and generally anything outdoors!

Jennifer Elliot-Seel I was born in Connecticut and I have lived all over the country. My current home is Olympia, WA. I have a 2-year-old daughter who was born at home. Her birth is the most amazing event that has happened in my life thus far. My favorite bumper sticker is "Peace on Earth Begins With Birth/Support Midwives." This basically sums up how I feel about midwifery. I have been interested in health and healing my entire life and have been on the midwifery path for about 6 years. I completed my bachelors in women's health at Evergreen State College last year and have had a few midwifery apprenticeships. The body is an amazing fascination to me and, when you combine it with the intense power and energy of pregnancy and birth, I couldn't imagine doing anything else!

Jenny Fairbrother I am very excited/nervous about starting the program. I am from Victoria, Vancouver Island. My boyfriend and I have been together for 5 years. He was recently accepted to graduate school at UNLV so we might be moving to Vegas!! I work for provincial government in the ministry of health and I am looking forward to switching careers and becoming a midwife so I can wake up excited to go to work every day.

Yvette Gentry I am 33 years old and have been a single mother for 15 years. I am a native of Denver, CO and I would love to open a birthing center here after graduation. I am currently working as an accountant with an oil and gas exploration company. I received a BA in psychology from the University of Denver. I love making jewelry and currently enjoy beading, although I haven't had much time for it lately.

Jill Habansky I come from a big Italian family with six kids. I just moved to the left coast this summer and am really enjoying the change of scenery. In college, I studied women's

(continued on next page)

Midwifery Student Bios (continued)

health and visual arts. After finishing school 5 years ago, I worked in TV production, teaching video at a public access TV station in my hometown of Bridgeport, CT. I've been interested in women's sexuality and health-related issues since a job at an abortion clinic during college. At some point, I'd like to combine my interests in video and midwifery/health by producing a video critique of how birth is treated in the US. My ultimate goal is to open a women's healthcare practice with my sister who is currently studying naturopathy with a concentration in gynecology and eastern medicine.

Sarah Hainley I was born in Portland, OR to a large Irish/Danish Catholic family, and spent my first 18 years living in the same house my father and grandmother were raised in. In 2002, I postponed my search for a major at Seattle University and ran away to beautiful Galway, Ireland to explore Irish history, literature, and politics, as well as to do a little mental shifting about my priorities. I returned to Seattle intent on being a midwife after much reflection and a nudge from a higher power. I spent this last year earning a BA in English and a minor in history. I live with my boyfriend and enjoy reading, outdoor adventures, spending time with family and friends, listening and playing music, and dreaming of the day when I will see Ireland again...

Andrea Henderson I am 26 years old, previously Andrea Hawkins; I just got married this summer! I am originally from Yakima, WA, lived in Ellensburg, WA for the last 3 years pursuing a BS in pre-midwifery, and am currently living in North Bend, WA. I have wanted to assist women during childbirth since I was a young child and have been working towards attending midwifery school for the last 8 years. I am so looking forward to the next chapter in my life. Midwifery is my passion, my calling, and my dream.

Charlene King I recently moved to Seattle from Denver, CO to attend SMS. I am a single mother of 2 wonderful children, ages 12 and 9. My love for birth started with my own births and I was lucky to have a midwife with my second birth. I started training to be a doula in 1999

and now that my children are grown more I can spend more time on my goals. I have also just moved in with the first love of my life, reunited after 20 years. Craig moved out here when we were in high school and now we find ourselves back together. My long-term goal is to one day open a birthing center in Denver.

BreeAnn Larios I was born and raised right here in Puget Sound. I currently live in a ridiculously small apartment in Seattle with my husband of a little over one year. Since I found out about SMS and the possibility of becoming a midwife, my whole life has changed. I feel like I have a purpose and ultimate passion in life. I have attended 3 different colleges since I graduated from high school in 2000, never feeling comfortable at any of them. I was considering going into nursing (labor and delivery, of course) when a co-worker asked me if I had ever considered becoming a midwife. As soon as I began researching the idea, an incredible sense of calm and joy came into my life. My feelings were further validated by SMS. As soon as I pulled into the parking lot of SMS I knew that it was the school for me. I am so thrilled (and a bit nervous) to start this incredible journey.

Brandy MacDonald I am an eco-feminist, lesbian, comedic midwife from Minnesota. I am currently living in the beautiful town of Ashland, OR with my brilliant girlfriend. I work as an assistant to a midwife here, as well as sit on the board of our LGBT community center and I am very active in the peace and justice and environmental movements. Although I have known since I was about 18 that I would become a midwife, the journey to SMS took about 15 years. In that time I have been a congressional intern, owned a computer store, worked in PR, and had a very short, accidental stint as a stand-up comedian in San Francisco. After taking a workshop by Elizabeth Davis in 2001, I started working as an apprentice to a wonderful midwife in San Francisco. As I started to attend births my life was filled with joy. I have been looking for a good fit for a proper midwifery education ever since and even moved to Ashland to attend the program here. I found that I yearned for something more intense, which is what finally brings me to SMS. I am beyond excited for my new community to emerge.

Olivia Page Though born in North Carolina in 1976, I've lived on the west coast now for 6 years. I live in San Francisco, CA with my boyfriend of 5 years. I walk on the beach and love the fog, good books, and warm glasses of cocoa. I graduated from the University of North Carolina in 1998 with a degree in women's studies and no idea what I wanted to do with my life. Later that year, I moved to Seattle as an Americorps volunteer and worked in an elementary school. From there I moved to Santa Barbara where I spent 2 years working in a Montessori pre-school and reading *Spiritual Midwifery* (over and over). Upon moving to San Francisco I took Elizabeth Davis' Heart and Hands course and began working at a pre-school serving homeless children. I have attended births for the past 3 years as a doula and have enjoyed it very much, particularly my work with teen clients. I hope someday to work with teens in my midwifery practice. I am particularly interested in homeopathy, herbs, and traditional Chinese medicine.

Melanie Parsons "I'm going to be a midwife." I can't stop saying it. I whisper it to my husband while watching a movie. I make songs with my baby, "Mommy's gonna catch babies..." It's a dream come true. I love Seattle, my home of 5 years. Some of my favorite things to do are: play with my 11-month-old, talk with my husband of 7 years, get exercise, travel to Asia, and eat chocolate. I would like 3 more children, at least one of them adopted. Orphans have a very special place in my heart, as do the refugees and immigrants of south King County, whom I plan to serve when I graduate. Before I die I will start an AIDS hospice, catch my own baby, speak another language, and run in a race (nothing fancy, just official so I get a t-shirt afterward or something).

Jane Peterson It was right before I graduated from Western Washington University that I discovered midwifery. The attraction was immediate and strong. I seem to have spent a lot of time trying to convince myself otherwise, though. In that time, I got my molecular biology and biochemistry degree and worked in that field for a while. I currently work at a small juice company as a food technologist and regulatory specialist and live in

Welcome New Board Members

SMS is pleased to introduce you to our two newest board members.

Wendy Hughes is a second-year student at SMS. Wendy comes to SMS with a wealth of experience. Prior to pursuing midwifery, Wendy worked in the corporate world as an engineer, a recruiter and as a human resources manager. She has been a doula for women giving birth in both home and hospital settings. Wendy is married and lives in Portland, Oregon with her husband, stepdaughter, and two cats. She is also an avid paraglider.

Crystal Tetric has more than ten years of experience in the public health field. A graduate of the University of Washington's MPH program, her area of expertise is Native American maternal and child health. Crystal is interested in improving the cultural competency of public health research, education, and health services delivery. Since 2001, Crystal has worked as the Clinic Support Services Manager for the Seattle Indian Health Board. She currently serves on the Children's Alliance Public Policy Council. In 2004, Crystal and her husband, Mark, became first-time parents and keep busy with their daughter, Mackenzie.

Join the Board of Directors!

Seattle Midwifery School is seeking interested individuals to join our Board of Directors and help us change the face of maternity care. We are interested in people with fiscal leadership but also welcome generalists. Board members are asked to contribute 6-8 hours per month of their time. For more information, contact Kimberly Radtke, at (206) 417-3077, or Joanna Barger, at (206) 784-8594 or joannabarger@hotmail.com.

From Calling to Courtroom

This new publication, which aims to help midwives, especially direct entry midwives, gain wisdom about the legal context in which they practice, was released on May 5, 2004, International Midwives Day, as a gift to the midwifery community. It is available free of charge at www.fromcallingtocourtroom.net.

Read Any Good Books Lately?

SMS would like to publish your book or video reviews. Please e-mail your review to Sharon Fuller at sharonf@seattlemidwifery.org and keep watching to see your review in print!

Midwifery Student Bios (continued)

Kenmore, WA with my husband. I like to do fun and creative things in my spare time, like home improvement, reading, sewing, cooking, and racing my car.

Audra Sanderhoff Since the age of 19, I have been pursuing midwifery in one form or another. My journey began when I had a homebirth with my first daughter, when I was 21. I started midwifery study groups, collected midwifery books, and went to conferences as often as I could. In 1992, I became a licensed massage therapist to adjunct my future midwifery practice. Since then I have studied herbs and become a yoga instructor, labor and postpartum doula, and lactation specialist. I gave birth to my second daughter, in 1995. Next, I started my journey to SMS. I began my prerequisites in Omaha, NE where I was raised. I moved to Seattle in 2000 and continued my prerequisites here. Now I am finally beginning my true and final journey to become a midwife.

Angela Schaerer I grew up on Salt Spring Island, a small island located between Vancouver and Victoria, BC. I have lived in Victoria and on the west coast of the island all of my adult life. I

have three children, ages 3, 5, and 17. Did I mention I am only 34? I had my oldest son when I was 16. I think that has given me something special to share with others. It's hard to explain. You just grow up really fast when you have a baby so young and I think life treats you a little different. I have spent some time traveling, including Mexico and Southeast Asia. I imagine school will be a lot like traveling. We will see and do many new things, some will be hard and uncomfortable and others will be wonderful and fulfilling! The birth of my last child got me started on my path to midwifery. I am a CBE, birth and postpartum doula, and a breastfeeding counselor.

Calah Tenney I grew up in Maine, and I graduated from the University of Maine with a degree in biochemistry and molecular biology. In October I will graduate from Palmer College of Chiropractic. I became interested in midwifery while I was pregnant with my son Noah, who was born in March. I always planned to work with women and children as a chiropractor, and I think that by combining chiropractic and midwifery I will be able to help other women through the birth experience in a unique way. Over the past few months I have had the privilege to share in several births as a doula, and the miracle of each birth

confirms for me that I have found my professional path. Eventually, I would like to establish a cooperative women's health center in a rural area. My husband is a civil engineer working in Tacoma, WA. We are excited to move to Washington because we have been living in Iowa for 3 years, and we miss outdoor activities.

Libby Williams I have been married for 28 years and have no children. My husband and I moved to northern British Columbia in 2003. I live in a small town called Smithers and my husband lives in a more remote community on the south side of Burns Lake. We commute back and forth. I have been a nurse for almost 25 years, mostly in critical care. I returned to university and graduated with my BSCN in 2001. My focus was on palliative care and oncology. While working as a float nurse I loved going to maternity. I wanted to learn more about supporting women in labour so I took a doula course in 2002, attended two births as a doula, and was hooked. I connected with the two midwives in Kelowna, attended a home birth, and had a profound shift in my thinking about the process of birth and women's health. I wanted to be a midwife.

Donate while you recycle!

SMS raises money by recycling used cell phones and printer toner cartridges. We return these for recycling, and get paid for them. If you would like to put out a collection box at your workplace, we can provide you with promotional signs for the boxes. You can also donate used cell phones from anywhere in the country. Just click on the Wireless Fundraiser icon near the bottom of our home page, and a postage-paid box will be shipped right to you.

Donate while you shop!

Amazon Associates When you books from Amazon.com, shop for them through our web site. When you click through to Amazon from our site, Amazon will give a portion of the purchase price back to SMS. So buy all your books through our web site and help raise money for the school.

Relaxation, Rhythm, Ritual...

Buy a copy of Penny Simkin's newest video, and SMS will receive 10% of the proceeds! Visit www.seattlemidwifery.org/retail.htm for more information and an order form.

MANA in Portland

Visit the SMS exhibit at the MANA Conference in Portland, Oregon, October 14-17.

Global Midwifery Support

As you order supplies for your own practice, how about ordering a couple of extras for Global Midwifery Support? Can you share a few infant hats? A stethoscope? Suture? Scissors? We are sending packages with each student going to foreign sites. Let's reach out and show our support! To get involved, contact Terri Turner-Carney at x106 or territ@seattlemidwifery.org.

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