

Birthing

The Triannual Newsletter of the Oregon Midwifery Council

The Rebirth of Optimism

Hello Everyone,

Welcome to OMC in 2009! I am beginning the new year with hope and determination to create a compassionate and life affirming future, while solving the challenges facing us all. And OMC has a share of those challenges: The Oregon Health Licensing Agency is introducing a bill to the legislature this month which will amend our licensure law, perhaps in ways we do not want. We need to raise thousands of dollars to pay our excellent lobbyist and protect our legislative priorities. Some areas of our state suffer from poor communication among midwives. And some of our members, busily tending to their clients, are facing personal and organizational burnout.

Our newly elected Advocacy Council and Regional Reps are already working to face these challenges. Building on the work of the previous OMC "administration" in revitalizing the groups mission, the Advocacy Council is working on a plan to lead us successfully into the future. This plan includes:

1) Hold the three statewide OMC meetings in Eugene, so that travel distances are more equitable and all Advocacy Council members can attend all three meetings. In addition, the Advocacy Council members have agreed to hold additional telephone meetings between our regular statewide meetings to keep OMC's work moving forward. We've already had two teleconference calls!

2) Reinforce the structure of OMC by strengthening our regions: encouraging regular meetings so members can discuss important issues and then their regional

representative can present those opinions and feedback to the Advocacy Council as a whole.

3) Provide mediation assistance for areas of the state where communication has broken down between midwives.

4) Encourage member participation in OMC activities through workgroups and committees to "do the work" of OMC.

5) Clarify and strengthen the organizational core of OMC through incorporation and IRS recognition as a non-profit, revision of the by-laws, and creation of written policies and procedures.

6) Expand our membership through outreach, including follow-up of attendance at regional and state meetings.

7) Emphasize communication and education through our regular and expanded newsletter.

My priorities during my two-year term of office are to protect OMC's four legislative priorities, to increase good communication between all midwives in Oregon, to strengthen OMC's

organizational and financial health, to encourage membership expansion and involvement, and to develop future leaders. I am optimistic that, while those in opposition to midwifery and out-of-hospital birth may make loud noises and try to bully us into submission and defeat, we will overcome with our dedication, enthusiasm, and hard work.

Blessings,
Holly Scholles, OMC President



Holly Scholles, OMC President, demonstrating a midwife's right to bare arms.

Regional Meetings That Work

Celeste Kersey

In Portland, we meet every other month between September and May. We meet at a birth center and usually attract 20-25 women. We hold peer review in the morning which includes practicing midwives and their apprentices. We break for a potluck lunch that is open to the larger community of students and other birth enthusiasts. Then we meet for a few hours in the afternoon to talk OMC regional and statewide business.

Several years ago, after much dissatisfaction with the format of peer review, we held two workshops to discuss healthy communication and our desires for a fulfilling way to connect with one another and share our experiences as midwives. Since then we have used a format that emphasizes listening with empathy, speaking honestly, and respecting confidentiality. We rotate facilitators to enhance our skills and share responsibility. We continue to dialogue about what is effective and helpful.

We have an amazing group of enthusiastic, committed women in our region. They bring life, energy and vitality to my experience as a midwife! We are in the process of becoming more organized about fundraising (this hasn't been a strong point of our region!). Over the holidays we held a fundraiser in which supporters ordered their Christmas tree on-line and 25% of the proceeds went to OMC. This was an exciting and low effort fundraiser that has great potential. Unfortunately, we were rather last minute in our planning so did not realize a high return this time but can begin with plans for 2009. We are also planning to hold a once-a-month birth related movie night at a local pizza joint. We intend to begin in February. We hope this will educate the public about homebirth and bring revenue for the OMC.

Read what Celeste has to say about regional vs statewide meetings on the next page.

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Linger

Artwork courtesy of Katie M. Berggren
Prints available online: www.kmberggren.com

Report from the Secretary/Treasurer

Jennifer Gallardo

Good news! January 6th we received notice from the IRS that our tax-exempt status has been approved under section 501 (c) (6). We are officially a legal non-profit tax exempt entity. "Membership Dues" for a 501(c)(6) are tax deductible as business expenses. Donations are not tax deductible. 501(c)(6) organizations may engage in limited political activities that inform, educate, and promote their given interest.

May 5th (on International Midwives day) we renew our membership commitment. Dues are \$35 for student/apprentices, \$50 if earning less than \$40,000 per year per household, and \$60 if earning more than \$40,000 per year per household. Enhanced memberships include Maiden \$120 per year plus basic membership, Mother \$240 per year plus basic membership, and Crone \$480 per year plus basic membership.

Balance in our account is \$1,238.14.

Lobbyist was paid \$4,500 on December 1st. This is \$1,500 per month for December, January, and February. He wants \$2000 per month and we have told him we will try to pay him that. March 1st we owe him a minimum of \$4,500 again for another three months.

Spring CEU Workshop Update

Our next OMC CEU workshop is on
February 27th.

The fee for OMC CEU workshops is \$10 for
OMC members with free attendance as a perk of
membership.

For non-OMC members, it costs \$10 per
hour to attend the workshop and \$10 for the
CEU certificate.

Contact Kelli McIntosh for topics and to register:
kelli@fullbloommidwifery.com • 503-652-0645

Regional vs Statewide Meetings

Celeste Kersey

I have recently had some clarity about the difference between the regional and statewide OMC meetings that I would like to share. The regional meetings are the place to come and give input to your representative who is one of the OMC Advocacy Council members. This representative brings her regions desires/input/opinions to the Council when decisions are made. She should be representing your voice! She has agreed to meet in person three times a year with the Advocacy Council at statewide meetings. During these meetings if a decision is made it is by the members of the Advocacy Council (in all cases except by-law changes and voting in new Advocacy Council members). While members are welcomed at these larger meetings they do not hold a position of decision making. Their role, as I see it, is to be a presence of support, to gather information, to voice concerns/ideas, and to hold us accountable to our roles.

The strength of our organization lies in each members willingness to participate at a regional level, the representatives committment to representing her region at statewide meetings, the President, Secretary/Treasurer, Legislative Representative, and the Newsletter Editor to fulfill their agreed upon tasks as discussed in the by-laws, and for all of us to hold one another and the women we work with in compassion.

Sharing Wisdom With Our Sisters

We are happy to announce a new opportunity for CEUs and community building in the form of a series of round table discussions called Sharing Wisdom With Our Sisters. We will be meeting the last Friday of each month (except for February) from 9:30 am - 12:30 pm, and discussing a different practice topic each time. Midwives are invited to bring their protocols, their stories and their questions. Our intention is to create a forum for learning from each other, sharing what works and what doesn't work in an informal and safe setting. We hope to use discussion and role playing to learn in-depth about each topic. We also hope to include as many voices as possible, and encourage everyone to invite midwives who may be reading this newsletter - to truly reach out to our diverse community.

The gatherings are free, and for those who need them, CEUs are available for \$10. Apprentices who are actively attending births are welcome with their preceptor or a sponsor. At first, we will be meeting at Andaluz Portland, though we may move to someone's house, depending on attendance.

Please note that we will be meeting the first Friday of February, instead of the last, in order to accommodate the Spring CEU Workshop, but that we will return to our usual last Friday time in March.

Questions? Email Nechama at:
MotherRootMidwifery@gmail.com

Dates and Topics

February 6 - Interfacing with The Medical Community - bring your transport sheet, we will be talking about building good community relationships

March 27 - VBAC

April 24 - Augmenting and Inducing Labor

May 29 - Hemorrhage

June 26 - Newborn Issues and Slow to Start Babies

July 31 - Pre-eclampsia

August 28 - Avoiding Burn-out and Setting Boundaries with Clients

September 25 - Practice Design and Business Issues

October 30 - GBS



Meet Your Regional Representatives

Bend - Dana Johnson

Hello, I am a midwife apprentice/student from east of the beautiful cascade mountains in Bend. I have apprenticed here for about 4 years, taking some time off to have my own home birth in '06. I have two daughters, 8 years and 2 years old. For the first part of my training I assisted home births and now have worked at Motherwise Community Birth Center for the past year. I am excited about helping with OMC and working with my region to bring peace, balance and education to the birth community at large. Namaste'

Eugene - Sarah Macrorie, DEM

I am the owner of Modern Midwifery Care in Eugene, Oregon. The mother of two young children, I am an avid gardener and am happy to be the Advocacy Council Rep for my area.

Portland - Celeste Kirby, CPM

I've been a member of OMC since 1995 when my mentor, Abby Hoffer, paid for my membership as her apprentice (this is a great way to bring students/new midwives on board and increase membership-- Midwives, think of it as a perk for your apprentices!) I currently practice in Portland with Susan Moray at Northwest Community Midwives and I own Full Moon Midwifery south of Portland in the Canby area. I have 4 children and an organic farmer as a husband. Life is pretty good when I stop and breathe.

Salem/Corvallis - Pamela Hines-Powell, CPM, LM

Pamela Hines-Powell lives in South Salem with her daughter. They are enthusiastic activists for homebirth, waterbirth, breastfeeding and babywearing.

Southern Oregon - Elaine Taylor

Elaine is going on 33 years as a midwife and childbirth educator. She has worked in California and Oregon and is currently in private practice in Grants Pass. She has 5 children and 6 grandchildren. The highlight of her life thus far was being the midwife for the birth of 5 of those 6 grandchildren.

The mid-Valley MAP fundraiser at Sacred Waters raised ~\$800 for OMC. Those funds allowed us to make our payment to the lobbyist in December.

We need to raise \$21,000 to pay our lobbyist in 2009.

Fundraising is more important than ever!

What are YOUR brilliant ideas?

Membership Information

Membership is open to all supporters of Oregon Midwifery and the Midwives Model of Care®. Our members include midwives, apprentices, student midwives, childbirth educators and consumers.

Members receive triannual issues of this newsletter, *Birthing* (online or hard copy if no email), and a listing on the OMC website for their midwifery, childbirth education or doula practice.

OMC meetings are held three times a year in Eugene: January, May and September. Regional meetings are held several times a year and may include peer review. Check with your regional rep for dates and locations. Membership fees are as follows:



Milk & Honey

Basic Memberships:

- \$35 Students and apprentices fee
- \$50 Midwives w/ household income under \$40,000
- \$60 Midwives w/ household income over \$40,000

Enhanced Memberships:

(added to Basic Membership)

- Maiden (level 1) \$10/month (\$120)
- Mother (level 2) \$20/month (\$240)
- Crone (level 3) \$40/month (\$480)

Make check payable to OMC and send to the OMC Treasurer: Jennifer Gallardo
PO Box 657, Newburg OR 97132

Worldwide activism from a former Oregon midwife:

Women's Farming Co-op of Naihun

The hunger time in Sierra Leone begins in August of every year and continues until October when the rice is ready to harvest. This means that there is not enough rice to feed the 200 people who live in the remote village of Naihun. In September we received enough donations to buy the 10 bags of rice needed to carry them through. We helped them form a Foods and Agriculture Committee that has since planted a community rice garden that will feed them through the hunger time in the future.

These hard working people are not looking for a hand out, they want to become self sufficient and provide for their own needs. The women in Naihun have formed a farming co-op with plans to plant a groundnut (peanut) and cassava farm. The farm will feed their families and money earned from the sale of their excess crops will provide much needed income that is almost impossible for the women to earn. All they need is the start up money to purchase the seed and pay to have the land brushed (cleared). Your partnership will help us to provide the funds needed to get them started.

As a partner, you will receive a Certificate of Partnership and 100% of your \$25 co-op fee will be utilized to support the costs incurred in the first planting of the farm. We will ask you to send us a picture of yourself and a letter to one of your sister partners in Naihun. Upon my return to Sierra Leone in March, your letter and picture will be given to one of the women there as encouragement and support.

How about giving a partnership to someone you know as a long lasting, far reaching gift?

To become a partner please contact Sudy Storm at: sattasulay@yahoo.com.

P.S. Sudi wants you to know that they are not a 501(c)3 and so contributions are not tax-deductible.

*The Midwives Alliance of North America and the California Association of Midwives
present*

*Midwives Alliance 2009 — October 22-25, 2009
at the fabulous Asilomar State Beach & Conference Grounds near Monterey, California*

Just three of the many excellent speakers you will hear—

- Ina May Gaskin
- Eugene DeClerq
- Yeshi Neumann

Just three of the many sessions you can attend —

- Stillbirth at Home
- Dealing with Difficult Family Members
- Research Year in Review

Make plans to join us at the ocean! Be a part of the rising tide of natural birth and midwifery activism. The California midwives have planned a rejuvenating and inspiring weekend at Asilomar Conference Grounds known as "Monterey's Refuge by the Sea." This is your chance to get CEUs, connect with kindred spirits, revitalize, energize, and, most likely, catch a glimpse of a sea otter or two.

A well-remembered weekend is in store for you! Visit www.mana.org/mana2009 for more information.



Rising Tide: women, midwives and the future

Legislative Update

Missy Cheney

Dear Sister Midwives,

I am writing with another legislative update. First, as of October 1, 2008, a permanent ruling went into effect implementing our new fees and a two-year renewal cycle for licenses. The original proposal called for renewal of Legend Drugs and Devices (LDD) every two years. However, due to the willingness of many of you to write in during the public comment period, LDD renewal was changed to every four years (so we will only have to renew LDD every other time we renew our license). Thank you to all of the midwives who took the time to comment.

The two-year renewal cycle for our licenses is up and running, but the Oregon Health Licensing Agency (OHLA) has announced that they are still working out glitches in the computer system that monitors renewal. They ask for our patience as they get the software streamlined. In the meantime, Samie Patnode is available to work with us individually as we sort out license renewal and individual CEU requirements during the transition. If you have any questions, you can reach her at: 503-373-1917.

Secondly, the lobbyist and I are gearing up for our main bill, which should hit the floor sometime after the legislative session begins on January 12th. Just before the holidays, I met with Sue Wilson and Trish Allbritton of OHLA to discuss concerns over the form of the bill drafted by legislative counsel. The bill had three main provisions and was significantly different from what we had seen at the last board meeting in September. The bill proposed legislation that would: 1) set up a voluntary registration for unlicensed midwives; 2) prevent LDMs who have their licenses suspended or revoked from practicing as an unlicensed midwife for two years, at which point they may reapply for a license; and 3) require that all midwives who file for renewal of a license submit records from the previous licensing period for "peer review" by a committee appointed by OHLA.

After consultation with Holly and our lobbyist, we edited the bill to remove all of the sections related to legislative concepts one and three, leaving only the language on number two, and requested a meeting with Sue Wilson (the director of OHLA). To make a long story short, I will simply say that I am so thankful that we have a powerful lobbyist working for us! By the end of the meeting, Sue agreed to remove all mention of one and three, and Trish (the senior policy and strategic analyst for OHLA) and I spent that afternoon rewriting the bill. (We'll see what the bill looks like when the session opens.)

One minor addition was also made to this bill. In looking over the list of medications and devices allowed under LDD, we noted that suture material

was not expressly included. We added language that clarifies that licensed midwives may carry and use suture material. So now we need to watch this bill closely and make sure it stays looking the way we want it to. In addition, I am working with Alan to research the possibility of adding a clause that would allow the board to add

new medications to LDD by rule -- that is, without reopening our bill, which is always a risk. This will likely alert the Oregon Medical Association who will be worried about scope of practice issues, so we will need to be very careful about how we proceed. More on that soon.

Finally....a plea for help. I know there is some interest in taking on the Oregon Health Plan's late to care clause, as well as some other proactive plans to improve our political-economic position relative to the medical establishment. This will be a lot of work on top of what is already a lot of work given our current bill.

Elaine Taylor, Holly Scholles and Pamela Hines-Powell have already graciously volunteered their time to help form a legislative committee that can assist with some of this work, as well as the massive amounts of re-education we will likely need to do as things heat up around our bill.

continued on next page

Legislative Update continued from previous page

Please contact me at cheyneym@onid.orst.edu if you are interested in joining the legislative committee and helping to make sure we have a strong voice in Salem this year.



Pearl

This will involve a willingness to coordinate over email and by phone and to be on call to go to Salem as we move into the legislative session.

Thanks and many blessings,

Missy Cheyney,
OMC Legislative Representative

Advocacy Council 2008

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2009 Workshops and Events

February

02/02: Free Infant Craniosacral Therapy, PDX
Info/register: www.CarolGray.com or 503-236-2999

02/27: OMC CEU Workshop in Sellwood (PDX).
Info/register: Kelli McIntosh at 503-652-0645

02/28: Midwifery CEU: Trigger Point and Myofascial Release Techniques for the Female Pelvic Floor, BCM.
Info/register: www.birthingway.org/workshops.html

March

03/9-13: Free Craniosacral Therapy for Infants, PDX
Info/register: www.CarolGray.com or 503-236-2999

03/26-27: Craniosacral Subtle Palpation Skills, PDX
Info/register: www.CarolGray.com or 503-236-2999

April

04/10: Free Craniosacral Therapy for Infants, PDX
Info/register: www.CarolGray.com or 503-236-2999

04/13-17: Craniosacral for Pregnancy, Birth and Postpartum, PDX. www.CarolGray.com or 503-236-2999

More April

04/16-17: Free Craniosacral Therapy for Mama, PDX.
Info/register: www.CarolGray.com or 503-236-2999

04/27: Legend Drugs and Devices Renewal/Continuing Education workshop at BCM. 8:30 am - 5:30 pm.
Min 5 people required. Instructor ~ Holly Scholles, MA, CPM, LDM. This course includes 8.5 combined hours of theory, skills, and testing for Suturing, Treatment of Shock incl. IVs, Meds by Injection, and Pharmacology. This course meets the Oregon State requirements for renewal for the Legend Drugs and Devices endorsement for licensure as a Direct Entry Midwife. Cost is \$95. Register with Nichole at BCM: 503-760-3131.

June

06/05: Maternal and Neonatal Resuscitation, BCM. 9am-5:30pm taught by Denise Clark, EMT-P. This course meets all requirements for Direct Entry Midwifery licensure in the State of Oregon. Cost is \$130. Register with Nichole at BCM: 503-760-3131.

BCM = Birthingway College of Midwifery (in Portland)
PDX = Portland area (not the airport!)

Birthing

Jen Warnock
Newsletter Editor
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Next Statewide



Meeting:

January 23rd
in Eugene

1st Triannual OMC Statewide Meeting in Eugene ~ January 23rd, 2009

What and When:

10 am - 12:30 pm ~ Jacqueline Meyer and Holly Scholles will offer a CEU workshop on charting
12:30 - 1 pm ~ Lunch (provided by Eugene-area midwives)
1 - 3 pm ~ OMC Statewide Meeting

Where:

Amazon Community Center ~ 2700 Hilyard St, Studio B ~ Eugene

What You Really Need to Know:

CEU workshop participants should bring a xeroxed copy of a client chart with you to the workshop. It should be the complete file (you could bring the original if you want to save paper, but should be **VERY CAREFUL** as it's your only record, right?).

This chart should be for a client that had a non-absolute risk factor.

Cost for OMC members:

\$10 for the CEU
Certificate.



Cost for non-members:

\$25 for the workshop
plus \$10 for the CEU
Certificate (\$35 total).