

BIRTHING

A NEWSLETTER OF ALTERNATIVE BIRTHING PRACTICES

VOLUME 1, ISSUE 6

SEPT/OCT 2001

LABOR SUPPORT COURSE IN BELLINGHAM!

Seattle Midwifery School

What is a Doula?

Doula (doo'-luh) is a Greek word referring to an experienced woman who helps other women. Today the word is used to refer to a trained person (usually a woman) who provides physical, emotional, and informational support to women and families during and after childbirth. There are two main types of doulas: labor support doulas and postpartum doulas. This article will focus on labor support doulas.

A labor support doula assists the pregnant woman and her family in preparing and carrying out their birth plans. She stays with the laboring mother throughout the entire birth process, providing emotional and physical support and an objective viewpoint. She helps her clients get the information they need to make informed decisions. The labor support doula recognizes childbirth as a transformative life experience. Her primary objective is to nurture and protect a woman's memory of her birth experience.

Labor Support Course in Bellingham

If you or someone you know is interested in becoming a labor support doula, a rare opportunity to train in Bellingham is coming up soon. Seattle Midwifery School will be offering its Labor Support Course in Bellingham on November 30 and December 1, 7 and 8.

DOULA TRAINING!
Seattle Midwifery School
Labor Support Course
In Bellingham
@ The Co-op Connections Building
Nov. 30th - Dec 1st
&
Dec 7th - 8th

Tuition is \$450
Deadline for registration is Oct. 29th,
2001
Contact SMS @ (800) 747-9433

Seattle Midwifery School (SMS) has a long history training midwives and doulas. Internationally renowned author and childbirth educator Penny Simkin created SMS's Labor Support Course curriculum more than twelve years ago. Early graduates founded the Pacific Association for Labor Support (PALS), a professional organization providing peer support, continuing education, doula certification, and referrals. Following PALS' success, doulas around the country joined to found Doulas of North America (DONA).

After taking an approved Labor Support Course, students who are interested in becoming a certified doula through PALS or DONA must fulfill additional experiential requirements, including attending at least three births after completing the Labor Support Course. For more information on doula certification, contact PALS at 206-325-1419 or DONA at 801-756-7331, or visit their websites at www.pals-doulas.org and www.dona.org.

Get Acquainted with SMS

To learn more about SMS and its programs, come to a free Get Acquainted Session in Bellingham on Tuesday, October 2 from 4-6 pm. Staff, students, and alumnae will answer your questions about the school and the professional opportunities available for midwives and doulas. Please contact SMS at 800-747-9433 or info@seattlemidwifery.org for

THE BIRTH OF SONJA BELLE

Leslie Gesner, LM

I am constantly in awe of the incredible beauty, power, surrender, magic and juiciness of birth. This beautiful birth contained all of these qualities.

It's August. It's late. I'm just getting ready to crawl into bed (of course) when the phone rings. As with many labors – this one too is occurring in the quiet darkness of the night. Mama is laboring and all is well. It has been foggy in the mornings so I am encouraged to make a dash for it. Off I go to meet up with my assistant.

I put a call in to this great local pilot – a young, recent new father. I wake him up with my request for a quick shuttle to the islands. You see, your destination is a very small island that is home to approximately 79 year-round residents. Because this island has no ferry service nor “on grid” power, our pilot can only take us the first leg of the trip. We buzz over to Orcas Island where they have an airstrip with lights. From there we are “fetched”. It reminds me of the old days when folks were sent to “fetch” the midwife. We meet and visit with great folks along the way.

A woman drives us to the waters edge where this great man helps us load our equipment on board his boat. It's pure magic when we push off and he turns the lights off saying, “I hope you don't mind but I can see better by the light of the moon.”

We are in awe of the beauty surrounding us as our eyes adjust to the moonlight. Time passes and we relax even deeper into ourselves. We are again “fetched” as the boat gets close to the shore. We see the figure of a woman waiting, flashlight in hand. We roll up our pant-legs and jump into the cool water (yes, we're wide awake now) unload our equipment and hike up the trail from the beach.

We can see the house before we are half way

there. It's ablaze with light! We creep in hearing the familiar sounds of labor. All is well. Breath... Breath... All is well. Into the night this mama labors, candles burning bright. The thought was a waterbirth, but that is not a place of comfort for this mama. Breath, breath, moan. It's morning now and this babe is almost here. We can hear bells ringing in the distance. Fog bells. Birth bells. Such a rich sound. Stand and push, squat and push, standing again. Breath and moan, push, push, push. Little by little the birth of a new babe. What a moment, what a molded head, what a beautiful girl! The number of

year round residents now soars to 80. Smiles, tears, laughter. All the wonderful ways to welcome this babe.

All is well. We give the new family a bit of space to fall in love all over again – this time as three. Time passes. Inventory time. Labor – yes. Birth – yes. Placenta! Not yet. Hmm... we try every trick. The babe nurses – mom squats – mom dances. We try herbs, we try homeopathics. All is still well – but no placenta! Sooo... we begin to discuss our options. Time continues to pass – all is still well. I call to consult, make arrangements for a plane to pick us up so that we can transport to the mainland. Bumpy ride to the airstrip – bumpy flight to the mainland. We land and climb out. Mama says, “I really

need to go to the bathroom.” We hobble in together. This is where the added juiciness comes in, (Remember, at the beginning of the story I promised magic and juiciness.” Whoosh, plop, splash... “Ahhhh..” and a big smile from mama, “that feels much better... Let's go home!” We had thought to bring a bowl, just in case, so I fish out the placenta and place it like a prize in the bowl.

We charter the very same plane and turn right back around. Smiles all around. Pure disbelief in papa's face as we're in the air once again.

(Continued on page 3)

Woman's Wisdom Midwifery Care Leslie Gesner LM

Woman Centered
Interactive
Personalized Care

Continuing the time honored
tradition of providing support
and care to pregnant women
during the childbearing year.

(360) 966-0314

(Continued from page 2)

Hospital transport cancelled. I find that I have a new trick to add to my bag now for a retained placenta – a quick bouncy airplane ride courtesy of West Isle Air.

I would love to thank the parents, friends and Sonja Belle for the honor of attending this awesome birth. I would also like to thank one of my great assistants Sharon Avolio who shared in the magic with me and encouraged me to put it in writing. I would also like to thank the Island community each time I was boated over to do postpartum care.



BIRTH STORIES!!

Send me your birth stories! 1,000 words or less, sometimes I can accommodate more. If you are a birth attendant and would like to send other people's stories please send your name and association with the birthing woman (ie doula, midwife, etc...),

Send stories to...

BIRTHING:BIRTH STORIES

P.O. BOX 3107

BELLINGHAM, WA 98227

or e-mail us

BIRTHING@HOTMAIL.COM

Ann's Card

Un-Cheeze Sauce

- boil 4 cups of water
- heat 1/2 cup oil in medium sauce pan
- add 3/4 cup whole wheat flour and whisk over med. heat until bubbly
- remove from heat and add boiling water a little at a time while whisking
- return to heat
- add 1 Tbs salt (to taste) and 2 Tbs garlic powder (to taste)
- heat until mixture begins to thicken
- remove from heat and add 1/2 cup oil and 1 cup nutritional yeast
- mix well

serve in a variety of ways, with elbow noodles, on baked potatoes, on fresh steamed veges. Kids love it!

Julie Samms

Your Ad Here!

Advertise your birth related service in *Birthing* and know that your money is bringing resources, information and support to the Bellingham area and beyond.

A minimum donation of \$5 an

Catriona's Ad

Birth Tub Rental

Easy set-up
Built-in heater
Promotes deep relaxation

For more information
Call Deborah Craig
(360) 738-9015

RESOURCES

<p style="text-align: center;">↳Adoption↳</p> <p>Adoption Resource Library 733-6714 Adoption Support Group 671-3093 Bethany Christian Services 733-6042 Int. Child Adoption Ntwk. 738-8251 Nancy Berg, Atty 714-6188 Debra A. Lev, PS 671-7065</p> <p style="text-align: center;">↳Breastfeeding↳ -Support-</p> <p>La Leche League 595-2403 Terry 988-4086 Angela 592-5052 Pam 647-3507 Heather 715-2020 Judie 354-8278 Suzanne</p> <p>Women, Infants & Children (WIC) 738-2505 or 384-1633</p> <p style="text-align: center;">↳Breastfeeding↳ -Lactation Consultants-</p> <p style="text-align: center;">The Parent Center</p> <p>Kathleen Auerbach, IBCLC, PhD 384-1755 Jeanne Brotherton, RNC, IBCLC 758-9561</p> <p style="text-align: center;">Mother/Baby Homecare</p> <p>Barbie Jimenez, RN, IBCLC 647-1544 Holly Telfer, RN, IBCLC 715-4170</p> <p style="text-align: center;">Breastfeeding Success</p> <p>Judie Zerzen, IBCLC 715-2020</p> <p style="text-align: center;">↳Childcare↳ -Resources-</p> <p>B'ham Community ChildCare Center 676-0950 <i>(Sliding Fee Scale)</i></p> <p>The Birches Headstart & Childcare 734-8396 or 384-1470 x 415</p>	<p>Opportunity Council Childcare Resources 734-5121 x 227</p> <p>Dept. of Social & Health Services 714-4000</p> <p>Parent Cooperative Preschools 676-2170 x 338</p> <p style="text-align: center;">↳Classes↳ -Childbirth-</p> <p>Apple Tree Childbirth Education 676-2526 <i>Christian-based</i></p> <p>Becoming Parents, Staying Partners 676-2443</p> <p>B'ham Technical College 738-0221 Deborah Craig 738-9015 Tricia Griffin (Bradley) 733-8086 Brooksana Raney 758-2555 Transitions 734-1414 Judie Zersen, IBCLC (Bradley) 715-2020</p> <p>Hypnobirthing® Aryn A. Whitewolf 758-9854</p> <p style="text-align: center;">↳Classes↳ -Exercise-</p> <p>Prenatal Yoga-Plus & Yoga Moms Maureen Braun 647-0712 Whatcom Family YMCA 733-8630</p> <p style="text-align: center;">↳Classes↳ -Parenting-</p> <p>B'ham Parks & Recreation 676-6985 B'ham Technical College 738-0221 Ferndale Parks & Recreation 384-5113</p> <p style="text-align: center;">Infant & Child Massage</p> <p>Christin Nelson 733-6560</p> <p style="text-align: center;">Partners in Parenting</p> <p>Anji Citron 676-2443</p> <p style="text-align: center;">↳Health Care↳ -Acupuncturists-</p> <p>David Adich, DC, LAc 734-9555 Paula Brown, LAc 734-</p>	<p>9500 Darcy Elliot, LAc 647-0228 Mystique Grobe, ND, LAc 715-9010 Heidi Hawkins 676-5477 <i>(pediatric & allergy)</i> Dennis Littleton, ND, LAc 676-5337 Jack Shupe, LAc 733-1693 Michele Siemion LAc 715-9010</p> <p style="text-align: center;">↳Healthcare↳ -Chiropractors-</p> <p>Robert B. Bates DC 398-7466 <i>Free Cranio-Sacral Therapy <1month old</i> Advid Adich DC, LAc 734-9555 Jim Ballif DC 650-0997 Will Cummins DC 715-9010 Lindon Keeler DC 715-9010 Cherrelyn Seegers DC 715-9010</p> <p style="text-align: center;">↳Healthcare↳ -Counselors-</p> <p>Catholic Community Services 676-2164 or (800) 300-2493</p> <p>Anji Citron, MSW, CSW 676-2443 Alexandra Hall Coy, M.Ed. 650-1591 Melinda Creed, MSW, CSW 650-1690 Jillian Froebe, MA, ATR 738-4805 Djuna W. Harper, ARNP 714-9574 Naomi Rudo, MA, MFT 734-0592 Whatcom Counseling & Psychiatric Clinic 676-8455 or 384-3100</p> <p style="text-align: center;">↳Healthcare↳ -Douglas-</p> <p style="text-align: right;"><i>(Continued on page 5)</i></p>
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RESOURCES

(Continued from page 4)

Melissa Denmark (*melissa.denmark@gte.net*)
Langley **221-4181**

Janna Sanabrina (*lionessjds@gte.net*)
Bellingham **647-3604**

Julie Samms, CD (*juliesamms@hotmail.com*)
Bellingham **715-1795**

Holly Schutza (*schutza@interisland.net*)
Friday Harbor **378-3316**

Megan Bottomley (*risingmoonfarm@msn.com*)
Everson **988-6704**

Amy-Emler Shaffer (*denamorg@interisland.net*)
Friday Harbor **378-9426**

Charity Cook (*unitedonlove@hotmail.com*)
Bellingham **756-2337**

Laurie Gallo (*stripes@rockisland.com*)
Orcas Island **376-4490**

Sharon Souders
Bellingham **738-6915**

Nancy Simmers
Bellingham **671-5685**

Brooksana Raney
Bellingham **758-2555**

Jessica Wight
Bellingham **738-3536**

Sharon Avolio
Bellingham **738-1776**

Anna Fernandez
Bellingham **398-9951**

Donna Redekop
Abbotsford, BC **(888) 275-5424**

Melody Jewell (*momjewell@hotmail.com*)
Abbotsford, BC **(866) 608-7999**

Heather Belt (*etucker_imp@hotmail.com*)
Roche Harbor **378-8742**

Healthcare ↴ -Herbalists-

Judy Edmunds, CH, RNC, CPM, LM(Or)
647-1220

Suzanne Nagler 354-6334

Linda Quintana 733-0157

Amy Sothman 715-8123

Bonnie Sprague 756-9793

Healthcare ↴ -Massage-

Susan Adich 734-9555

Elizabeth Brown 676-8274

Judy Edmunds, CH, RNC, CPM, LM (OR)
647-1220

Sarah Love 733-0887

Claire Lynam 733-4011

Catriona Munro 734-1560

Cheryl Roberts 734-1560

Cindy Sabol 715-9495

Joanna Schmidt 715-9010

Sharon Souders 738-6915

Medical ↴ -Midwives-

Ann Tive, LM 734-2182

Winni McNamara, ARNP, LM, CPM,
734-9500 or 766-6686

Judy Edmunds, CH, RNC, CPM, LM (OR)
647-1220

Leslie Gesner, LM 966-0314

Barbara Schickler, CNM, ARNP 671-4944

Susan Willis, CNM, CFNP 671-3345

Peggy Franklin, CPM 856-2161

Medical ↴ -Nutrition-

Apple A Day Medical Nutrition Therapy
676-1585

Tracy Delaney, PhD, RD 738-2830

Judy Edmunds, CH, RNC, CPM, LM (OR)
647-1220

St. Joseph's Hospital Nutrition Therapy
715-6420

Physicians ↴ -Naturopath-

Mystique Grobe, ND, LAc 715-9010

Dennis Littleton, ND, LAc 676-5337

Laura Shelton, ND 734-1560

Mark Steinberg, ND 738-3230

Joseph Wessels, ND 734-9500

Supplies ↴ -Birth Balls-

Sharon Souders 738-6915

Supplies ↴ -Birth Tubs-

Deborah Craig 738-9015

Pamela Aube 592-9018

Birth & Beyond (206) 324-4831

Seattle Midwifery School get acquainted session in Bellingham!

Learn more about SMS and its programs.

**Tuesday, October 2
4-6pm**

@ Mother Baby Homecare
2183 Alpine Way
call SMS @ 800-747-9433
for info. & directions

If you provide a birth related service and would like a free listing in this resource directory please contact Julie @ 360-715-1795 or e-mail birthing@hotmail.com or mail to *Birthing: Directory* P.O. Box 3107 Bellingham, WA 98227

A POEM FROM MOON

**The flowers a sacrificial
symbol:**

**For the bringing of life,
some must pass.**

**The gesture a symbol of
respect:**

**For woman and her ability to
bring life**

And especially to the ability,

And stamina it must take,

To experience and strive

surrounded

**By the mood and energy of a
birth,**

Or two,

For that matter,

In the span of two days.

If I had a hat I would tip it,

Moon



Kenya's Ad

*Natural Childbirth
Classes*

*For home or hospital
birth*

*Deborah Craig
(360) 738-9015*

Write for Birthing!

Birthing is looking for submissions! I would love to hear from you, whether you are a midwife, doula, childbirth educator, or one of the mothers and fathers we serve. Anything is acceptable and everything may be published, from letters to articles to poems. Send submissions to...

Birthing: Submissions

P.O. Box 3107
Bellingham, WA 98227
or E-mail us
[Birthing@hotmail.com](mailto:birthing@hotmail.com)

UPDATE

Julie Samms, CD (DONA)

Greetings friends! I finally got the call that I have been waiting for. After a year of hard work I now have a title to put after my name for the first time. As of Friday the 14th I am now a DONA certified doula! I would like to thank the three wonderful women who allowed me to use their births for my certification. It is always an honor.

I am also the proud new owner of a 1968 Gillig school bus courtesy of the Blaine School District. I have always wanted a bus, and now I have one. A 40 foot beauty! We bring it home on Monday to begin the conversion process. And if all goes well, it should be livable in the next few months. My son, who is three, is ecstatic.

For all of you doulas out there interested in expanding your knowledge, the Pacific Association of Labor Support will be presenting a one day advanced doula training workshop on Saturday, September 22nd 8am to 5pm. The workshop will be taught by Penny Simkin. For more information contact Rebekah at (206) 526-8835.

The Breastfeeding Coalition of Washington will be holding their annual conference in Renton September 28th from 8:30am to 4:00pm. The conference features nationally recognized sleep and SIDS researcher James McKenna, Ph.D, and MaryAnn O'Hara, MD, MPH. It should be a really interesting conference, and a single day makes it easier for those of us with kids to participate. Contact BCW at (206) 281-8032 or e-mail KimR@wsha.org.

'Tis the season for conferences! The 2001 Midwives Association of Washington State conference will be October 11th and 12th in Redmond. This year's conference features Elizabeth Davis on promoting women's sexuality and honoring the blood mysteries of menarche, childbirth and menopause. This will be an amazing conference and it will be a great opportunity to hear Elizabeth

*What is this talked-of
mystery of birth
But being mounted
bareback on the earth?
Robert Frost*

Davis speak. For more information contact Cindi Thompson at (425) 488-1946.

September 21st through the 23rd the Midwives Alliance of North America will hold their annual conference in Albuquerque featuring

Alice Walker. Another amazing conference but a little farther from home. More information can be found on their website www.mana.org.

Finally, the Brian Utting School of Massage will be training Infant Massage instructors. The latest course offering is September 28 through October 1. For more information contact The Foundation for Healthy Family Living at (707) 966-3545 or info@healthyfamily.org.

So much going on as fall descends on the Pacific Northwest! I would like to have a potluck in early October for the entire birth community. So many of you have expressed an interest in getting together to share our birth energy. Lets do it! I need someone that is willing to host it and lots of people willing to come. Give me a call if you are interested in an evening of birth stories, movies, and networking! 715-1795 or juliesamms@hotmail.com.

In this season of balancing I hope that the autumnal equinox is a time of clarity for all of you.

Looking for a doula?



Reasonable rates/Barter/Flexible
Julie Samms, CD @ 715-1795
or juliesamms@hotmail.com

Aryn's Ad

BIRTHING

P.O. BOX 3107
BELLINGHAM, WA 98227



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Contributors : Seattle Midwifery School, Leslie Gesner LM, Moon Temple

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