



CHOICE WORDS

Center for Humane Options In Childbirth Experiences

In This Issue

Meet Your Midwives

Abby J. Kinne, CPM..... 1

New Trends in Midwifery

Placental Encapsulation 3

Recent Events

Community Festival 2009.....4

Welcome to Our New Babies

January 2009 – June 2009..... 4

Upcoming Events

Annual CHOICE Picnic..... 5

Annual CHOICE Fundraiser..... 5

Columbus International Festival 5

Birth Stories

He Was Born Where??? 6

Parent Support Group News

Meetings and Workshops 6

Mothership Fund.....7

Office News

CHOICE is Moving!7

The Herb Garden

Herbal “Hi-C” Tea 8

Legislative Update

Audra Phillips 8



Meet Your Midwives

Abby J. Kinne, CPM



Abby has been involved in midwifery in one form or another since 1963 when the first of her five children was born. Her children are all grown now with children of their own. She has 10 grandchildren – 8 grandsons and 2 granddaughters!

She was a Leader for La Leche League, International (LLL) from 1966 to 1981, serving as Group Treasurer, Chapter Treasurer, Chapter President, and State Newsletter Editor. She has done much public speaking for LLL at both local and international conferences.

Between 1970 and 1975, she was involved in midwifery self-education, including the delivery of her fourth and fifth children at home in 1972 and 1974...unattended, because midwifery care was unavailable. During this period of time, she researched midwifery and home birth, writing Handbook for Home Birth.

Abby co-founded the Center for Humane Options In Childbirth Experiences (CHOICE) in January of 1977. She has served on the Board of Directors for that organization and as a Midwife, Midwifery Coordinator, Monitrice, Monitrice Instructor, Childbirth Educator, Treasurer, Office Manager, and public speaker, providing in-service training for local hospitals and speaking at midwifery conferences. She developed the Apprenticeship Training Program for CHOICE in 1977, authoring The Birth Attendant Handbook in 1983. In 1987, she developed the Monitrice Training Program and authored The Monitrice Training Program in 1988. She has trained approximately 80 apprentices and 60 Monitrices, most of whom are still practicing. She is currently serving CHOICE as Executive Director, Midwife, Midwifery Coordinator, and public speaker.

Abby co-founded the Ohio Midwives Alliance (OMA) in 1984. She was the Conference Director of the OMA Midwifery Conference in 1985. She served as the chairperson for the Legislative/Legalization Committee, initiating political contacts and presentations at the state level, and writing proposed legislation and proposed rules and regulations. In 1991, she compiled Midwifery: An Informational and Educational Packet which was presented to former Governor Richard Celeste’s Advisory Committee on Midwifery Care in Ohio (This group included senators, representatives, and state board representatives). She served as the President of the Ohio Midwives Alliance from its founding until 2008 and is currently the Editor of “Birth Write,” OMA’s quarterly newsletter.

Abby was a licensed Advanced Emergency Medical Technician (Advanced EMT) serving the Liberty Township Emergency Medical Service from 1986 to 1994. She served that organization as Newsletter Editor, Treasurer (1987-1989), and Vice-President (1993-1994).

CHOICE Board of Directors

Jane O'Shaughnessy, President
Jen Elfner, Vice President
Beth Gupta
Stephanie Osborne
Shelley Martin
Jen Villanueva-Henkle
Lyndsey Marsolo
Shannon Brewster

Midwives:

Kelley Daniel, CPM
Abby J. Kinne, CPM
Nina McIndoe, CPM
Audra Phillips, CPM
Jill Schroer, CPM

Doulas:

Rachael McCloskey
Amy Wakeling

Interns:

Tanya Collins
Amy Wakeling

CHOICE Officers

Executive Director Abby J. Kinne
Acknowledgements..... Melody Reiss
Advertising..... Melody Reiss
Apprenticeship Abby J. Kinne
Childbirth Education.....Jill Schroer
Tanya Collins
Community Events..... Melody Reiss
Community Relations ... Tanya Collins
Director of Finance Audra Phillips
Director of Research ... Nina McIndoe
Herbalist ServicesJill Schroer
Home Birth Kits..... Kelley Daniel
Insurance Claims.....Rachael Siddens
Legislation..... Audra Phillips
Librarian..... Rachael McCloskey
Massage ServicesJill Schroer
Materials Development Abby J. Kinne
Midwifery Coordinator Abby J. Kinne
Midwifery Education ... Abby J. Kinne
Midwifery Supplies..... Kelley Daniel
Newsletter Editor Abby J. Kinne
Nutritional Evaluations ..Nina McIndoe
Office Manager Melody Reiss
Parent Support Grp . Stefanie Osborne
Placenta Encapsulation Amy Wakeling
Volunteer Coordinator... Melody Reiss
Webmistress Abby J. Kinne
Workshop Coordinator. Nina McIndoe

3474 North High Street
Columbus, Ohio 43214
614-263-BABY (2229)

www.choicemidwives.com

In 1996, Abby was appointed to the Ohio State Legislature's Direct-Entry Midwifery Study Council to represent Ohio midwives as they began their journey toward legal recognition for Certified Professional Midwives (CPM) in the State of Ohio.

Abby served the Midwives Alliance of North America (MANA) from 1986 to 1988 as Statistics and Research Committee Chair. She worked on the development of a computer version of the MANA statistics form. She served as Membership Chairperson for MANA from 1993 to 1995. She served on the Executive Council of the MANA Board of Directors as Treasurer from from 1995 to 2001 and First Vice President of MANA from 2001 to 2008.

Abby contributed to the development of the North American Registry of Midwives (NARM) National Registry Exam and continues to review new questions. In 1991, she successfully completed the NARM Registry Examination. During 1994 and 1995, she served on the NARM Certification Task Force as Skills Validation Chair developing national certification for midwives. In 1994, she became the first NARM Certified Professional Midwife (CPM) in North America.

During her years on the Midwives Alliance Board of Directors, she was given the opportunity to represent MANA at the International Confederation of Midwives (ICM). ICM meets every three years. She attended their meetings in 1999 (Manila, Philippines), 2002 (Vienna, Austria) and 2005 (Brisbane, Australia). These years were both fascinating and personally challenging. Her interest and the need she saw was in preserving the recognition of apprentice-trained midwives globally. She became the Chair of the ICM Education Standing Committee, working to broaden the International Definition of a Midwife by the World Health Organization (WHO) to include apprentice-trained midwives, not just university trained midwives.

At 65, Abby has chosen to limit her involvement in the midwifery movement to serving her clients and continuing to teach the apprentices who will soon

carry the torch forward. She believes that in her lifelong career as a midwife, she has acquired a set of skills unique to midwives that are essential to pass on to her apprentices.

Although she has always been committed to expanding her knowledge and skills as a midwife, providing the most educated and experienced care possible, she believes that midwifery has something unique to offer the women midwives serve. From her perspective as a mother first, she has tried to impart to her apprentices the importance of establishing an intimate relationship with the mothers they serve. This includes the smallest things such as how you touch a woman: from the gentle way you hold her wrist while taking her pulse to the intimate way you stroke her body to help her relax in labor. Abby has learned that when she is with a client, the woman must feel as if she is the only person in your life. She is the center, as she should be.

She has also tried to teach her apprentices to recognize and trust their intuition. "We all have this ability, but especially in a science-based field, we tend to trust science rather than listen to our hearts and trust the message it brings to us. This can sometimes be a difficult skill to attain – and some apprentices never do acquire it – but if you trust it and listen carefully, it will never fail you."

As she moves into the waning years of her life, she moves there with confidence that these special women, who will follow in her footsteps, will be able to do so with energy and grace. She says, "I may not live to see midwives become the caregiver of choice in this country, but I have no doubt that women will eventually demand the personalized and intimate care I sought for myself when I began this journey."

After losing her firstborn son in a tragic accident, Abby decided to step down from her state, national and international positions in the midwifery community in 2008 so she could focus on her family for the final years of her life. However, she still finds the joy of attending home births to be life-affirming

and may never retire as a midwife as long as she is able.

Abby and Fred, her husband of 46 years, have spent the last 10 years building their dream home in the middle of 67 acres of woods, in Heath,

Ohio. Fred retired from the ministry in 2008 and they moved to their retreat, The Stork's Nest, complete with hiking trails, their own lake for fishing and swimming, and plenty of space for frequent visits from their children and grandchildren (aged 3 to 23).

signs of the baby blues, were feeling better within a few days. Considering that the placenta is a completely natural substance, created by our own body, encapsulation of the placenta is definitely worth considering as part of a holistic postpartum recovery for every expectant woman. What capsules you may not use for your postpartum period, can also be saved for menopause.

We now have two Encapsulation Specialists in Ohio! Please feel free to contact Amy Wakeling, amy@placentabenefits.info or Stacia Linden, stacia@placentabenefits.info to have this done! For more info, please check out www.placentabenefits.info

Testimonial

When I first heard about placenta encapsulation I was kind of grossed out. It's a weird concept that I had never heard of before and the idea of actually ingesting my own placenta was unappealing to say the least. I can honestly say now though having done it that it was a lifesaver, and if you ask my husband he would laugh and shake his head and say it was one of the best things that we could have done.

After doing some research online and talking with our Doula, Amy Wakeling, I decided to give it a shot. We bought the kit and Amy did the rest.

She delivered a neat container with "placenta capsules" that look just like any of the other vitamins I was taking and I took them as needed during my postpartum recovery. When I could feel myself slipping into a hormonal roller coaster, I would take two placenta pills every 6 hours or so and I would feel so much more in balance! My husband was (and is) the best support in the world and he was hilarious during this time. I think he would say that the placenta pills were just important for him as they were for me.

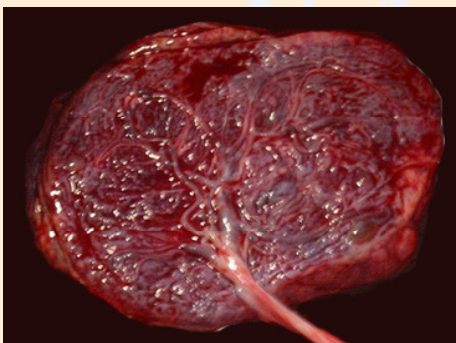
We are both glad that we did the placenta encapsulation! We took the approach that if it would help, why not try it? And it was so worth it. We are now expecting our second baby and absolutely plan on repeating this



The Stork's Nest.

New Trends in Midwifery

Placental Encapsulation Now in Central Ohio!



In many other parts of the world, it is more common to consume the human placenta after childbirth. It is a very interesting concept that has many many benefits. The most common benefit of consuming your placenta after childbirth is that it helps "cushion" the postpartum period in many ways. The first is that because the placenta houses your hormones, and by dehydrating and encapsulating, you

are preserving the hormones and putting them back in your body. This aids in preventing the "baby blues" and other forms of postpartum depression. Another benefit is that by taking the capsules, your milk production tends to be stronger. A third benefit of taking placenta capsules is improving your iron levels, helping with fatigue. Some women choose to encapsulate their placentas for usage during menopause and find it very helpful in leveling out that time of their lives.

In my experience, women who have taken placenta capsules report back a very positive experience. Some women notice the effects shortly after starting the capsules on the first day. Women who were already feeling "weepy", or other

process! With all the ups and downs of pregnancy and delivery it just really helped me feel like myself again so much faster.

Angela and Kal Poole

Recent Events

ComFest 2009

CHOICE once again had a booth at ComFest on the June 26th-28th weekend. This annual event offers us the opportunity to bring a message to the community about the range of safe childbirth options available to them.



Lia Kautz working the CHOICE booth at ComFest.

New this year, Tanya Rable-Collins spoke to the public four times (count them, four!) from the stage.

Besides awarding CHOICE a grant, Comfest, the “party with a purpose”, also gave us time on various stages throughout the weekend to talk about our mission. I was able to remind people at the Live Arts stage that the expertise in the next belly-dancing performance could also help in pushing out a baby, as well as speak from the Bozo stage about breastfeeding benefits. It’s exciting to get applause for saying “Peace on Earth begins at birth. Support your local midwives!”

Welcome to Our New Babies and Congratulations, Mom and Dad!



January 2009

5th.....	Elaine and Alan Boden.....	Lucy Claire.....	9 lbs.
28th.....	Kelly Edinger & Sabrina von Netzer.....	Kai.....	7 lbs. 12 oz.
30th.....	Elizabeth Simoneau & Andy Sewell.....	Ian Michael.....	8 lbs. 3 oz.
31st.....	Libby and Patrick Hall.....	Josephine Violet.....	8 lbs. 2 oz.

February 2009

8th.....	Maja and Bill Eagle.....	Rowan Elexa.....	9 lbs. 4 oz.
12th.....	Selina and Bill.....	Philip James.....	11 lbs. 4 oz.
12th.....	Casey Anderson.....	Lia Camryn.....	7 lbs.
16th.....	Jessica and Justin Rader.....	Avagail Joi.....	10 lbs.
21st.....	Jan and Tyler Steele.....	Vera Paisley.....	7 lbs. 3 oz.
24th.....	Mandy Siordia and Joe Bowling.....	Lulu Serafina.....	7 lbs. 8 oz.

March 2009

1st.....	Jamie and Kevin O'Day.....	Carolina Grace.....	7 lbs. 3.5 oz.
2nd.....	Skye and Jonathan Rollings.....	Snow Isabelle.....	8 lbs. 2 oz.
4th.....	Jodi and Jim Segal.....	Violet.....	8 lbs. 13 oz.
12th.....	Beth and Jay Gupta.....	Luna Francis.....	8 lbs. 3 oz.
15th.....	Hope and Solomon Asefa.....	Gabriela Martin.....	5 lbs. 13 oz.
15th.....	Hope and Solomon Asefa.....	Mykaela Carol.....	5 lbs. 8 oz.
19th.....	Stacey and Mark Seleen.....	Holden.....	8 lbs. 6 oz.
21st.....	Kensie and Michael Malmfeldt.....	Lucas James.....	7 lbs. 8 oz.
22nd.....	Amanda and Bill Swinehart.....	Wyatt Edgar.....	7 lbs. 11 oz.
23rd.....	Jenessa and Seth Kleinman.....	Declan.....	7 lbs. 10 oz.
27th.....	Caitlin and Brian Petrie.....	Owen Christopher.....	8 lbs. 15 oz.
28th.....	Monica and Todd Seimer.....	Boaz.....	8 lbs. 3 oz.

April 2009

1st.....	Libby and Kris Hall.....	Zoe Jo.....	7 lbs. 9 oz.
8th.....	Erin and Dan Whinnery.....	Eli Shalom Hope.....	9 lbs.
29th.....	Jess and Dale Atwood.....	Curtis Dale IV.....	10 lbs. 7.5 oz.
30th.....	LeeAnn and Mike O'Donnell.....	Graham Carsten.....	9 lbs. 9 oz.
30th.....	Wendy and Paul Morgan.....	Braydon.....	9 lbs. 1 oz.

May 2009

5th.....	Angela and Tom Gerlitzki.....	Evelyn Hazel.....	8 lbs. 14 oz.
5th.....	Michelle and Jeremy Hamilton.....	Palmer Lewis.....	9 lbs.
9th.....	Cat and Benjamin Atwood.....	Nathanael Muloki.....	9 lbs. 5 oz.
11th.....	Rasa and Sunil Devagida.....	Rasananda.....	6 lbs. 14 oz.
11th.....	Zan and Joe Sheridan.....	Grainne.....	7 lbs. 14 oz.
11th.....	Kathy and Dan Weatherby.....	Kiana Ellen.....	8 lbs. 15 oz.
31st.....	Alex Ferm and Travis Julian.....	Henri René.....	8 lbs.

June 2009

2nd.....	Cassia Curtis.....	Caleb Harrison.....	7 lbs. 6 oz.
10th.....	Kristy and Bill Brown.....	Hunter Jerome.....	9 lbs.
12th.....	Carson and Dawn Combs.....	Aiden Gregory.....	10 lbs. 4 oz.
14th.....	Jocelyn and Brennon Williams.....	Macy Marie.....	8 lbs. 7 oz.
16th.....	Brooke and Brian McMichael.....	Adelena.....	6 lbs. 10 oz.
17th.....	Nicole and Travis Seitler.....	Penelope Joy.....	9 lbs. 4 oz.
19th.....	Sarah and Isaac Cascioli.....	John Wiley.....	7 lbs. 15 oz.
20th.....	Valeria and Steve Upchurch.....	Michael Joseph.....	9 lbs.
28th.....	JT and Megan Kauffman.....	Thomas Christian.....	8 lbs. 15 oz.

Upcoming Events

Annual CHOICE Picnic to be held Saturday, July 25th



The Annual CHOICE Picnic will be held on Saturday, July 25th at Blendon Woods Metro Park in the Shadblow Shelter between 4:00 pm to 9:00 pm.

Spectacular stream cut ravines surrounded by beech-maple and oak-hickory forests highlight this 653-acre Metro Park. The 118-acre Walden Waterfowl Refuge with its 11-acre Thoreau Lake provides a sanctuary for hundreds of birds and other wildlife. The

refuge is open year-round and features two elevated observation shelters with spotting scopes for viewing waterfowl. More than 220 species of birds have been sighted at the park. Explore the beautiful outcroppings of exposed bedrock as you hike more than 5 miles of trails.

The Shadblow Shelter area has a large double-grill, electricity, drinking water, a small grassy playfield, children's play set and swings, horseshoe pit and ADA accessible restrooms.

Please bring table service for your family and a potluck dish to share. CHOICE will provide beverages.

Directions:

From I-270, take State Route 161 exit (30B) toward New Albany onto E. Dublin-Granville Road. Go 1.6 miles then take the Little Turtle Way exit and turn right. Go to Old State Route 161 and turn right. Entrance is 1/2 mile on left.

This is a great opportunity to reconnect with your midwives, show off your exceptional babies and children and meet other like-minded families...not to mention that it is a lot of fun...rain or shine!



August 22nd Mothership Fund Vegan Bake Sale

In June, the Parent Support Group launched its Mothership Fund, with the goal of helping more families achieve their best birth. The fund will support parents whose birth choices are limited by their financial situation. Recipients of the \$500 award can use the money for any services they feel will improve their birth experience: Midwifery, Monitrice, Birth Doula, Post-partum Doula, or Childbirth Education.

The first fundraiser for the Mothership Fund will be a Vegan Bake Sale, held Saturday August 22 from 9 a.m. to noon, on the CHOICE front lawn. The Clintonville Farmers Market takes place across the street during this time, and

the goal is for lots of shoppers to stop by and support the fund, and learn a little about CHOICE.

2nd Annual CHOICE Fundraiser to be held Saturday, October 10th



Last year was our First Annual Fundraiser and it was a great success...and a lot of fun! This year we plan to have dinner provided by Villa Nova. Entertainment will include live music and belly dancers!

This year's fundraiser will be held from 5:00 pm to 10:30 pm at the Shelter House at the Park of Roses.

Adult Tickets are \$20 each; kids 2-15 are \$5 and kids under 2 are free. To purchase tickets, please call the CHOICE Office.

We hope you will join us for a night of music and dinner.

Columbus 54th International Festival November 7th and 8th



CHOICE will again have a booth at the Columbus International Festival sponsored by the Columbus Chapter of the United Nations Association. This year's event will be held on the weekend of November 7th and 8th, 2009 at Veteran's Memorial in downtown Columbus.

For more than 50 years, Columbus has celebrated its diverse ethnic heritage at the annual Columbus International Festival. The Festival features music, dance, and food from a variety of cultures--from Polish to African to Irish to German--as well as information from UNESCO and other international and domestic organizations on how to make the world a better place to live.

Each year, approximately 175-200 booths representing nearly 75 cultures offer arts, crafts, entertainment and food. Two performance stages offer continuous entertainment throughout the festival, and a children's area offers international arts, crafts and demonstrations for youths of all ages. New this year are ethnic culinary exhibits where attendees can watch and learn. The festival will also compile recipes from their vendors and other reputable ethnic chefs in Columbus and these cookbooks will be for sale at the festival.

CHOICE will participate in the Health Fair section of the Festival. Our display will focus on the differences in childbirth around the world. We will have samples of herbs midwives use in a variety of cultures available for touching and smelling - a big hit with the kids!



The Columbus International Festival will be open Saturday from 10am to 10pm and Sunday from 11am to 6pm. Admission is \$7 for adults, \$5 for seniors (62+) and students, and \$2 for children 6-12.

Birth Stories

He Was Born Where?

By *Jeremy Hamilton*

He finally came. Palmer Lewis Hamilton was born on May 5, healthy and beautiful, and, like his sister, he was born at home.

I know what you're thinking. For goodness sake, why didn't they learn from the first one and get to the hospital sooner this time? But it wasn't about the time. In fact, my wife, Michelle, has notoriously long labors. I guess the anguishing pain of natural childbirth just isn't difficult enough. She has to make it last 20-40 hours. Not the typical modus operandi for someone who I think is allergic to procrastination.

No, we actually planned to have both children at home.

I still know what you're thinking. Are you serious? Why would you do that? What if something goes wrong? Are you some kind of nut?

Having a home birth today isn't like what you would picture on an episode of Little House on the Prairie where Dr. Baker arrives at the house and calls for hot towels and something for mom to bite down on while everyone else clears the room. Palmer's birth was facilitated by Nina and Kelley, two



Jeremy Hamilton

fantastic midwives from CHOICE who have over 1,300 births between the two of them, and my 10-year-old son, who actually delivered both born-at-home babies. Talk about a memorable experience. He was a natural.

Besides stressing out the grandparents on the first at-home birth, there are some real advantages to having a baby at home. Michelle got to move about wherever she wanted, I got to sleep in my own bed instead of a half sprung cot, and my brother-in-law didn't have to pay for hospital parking.

Having a birth at home isn't for everyone, including those who have certain health risks, those who feel more comfortable in a hospital, and for those who just flat out don't want to. If, however, you want to learn more about having a birth at home, visit www.choicemidwives.org.

Parent Support Group News

This group meets every Tuesday from 11 a.m. to 2 p.m. Parents with babies and small children come for all or part of the meeting, depending on their naps.

Every week, parents share the joys and challenges of raising little ones, expectant moms hear birth stories, new moms discuss their recent experiences with people that understand and value natural birth choices, and all are strengthened and encouraged to be the best parents they can be.

This year the group began scheduling informative workshops on the first



2002 Parent Support Group Picnic

and third Tuesdays of the month. So far, discussions have included: cloth diapering, natural cleaning, baby sign language, vaccine pros and cons, slings and baby carriers, and herbs for babies and children.

On the other Tuesdays, the Parent Support Group meets at the Whetstone Rec Center Playground to play and chat, weather permitting.

Upcoming Workshops

The Parent Support Group has planned workshops and presentations for the rest of the year. Below is a list of what is planned:

Tuesday July 7, 2009

Parenting book show and tell
Speaker Shannon Brewster

Tuesday July 21, 2009

Voluntary Simplicity: Living with less income and more time for the things that matter.
Speaker Simply Living Member

Tuesday August 4, 2009

Working from home
Speaker Aline Yamada
Etsy Shopkeeper Extraordinaire

Tuesday August 18, 2009

Attachment Parenting
Speaker Lynne Mathes

Tuesday September 1, 2009

Sharing Birth Stories: How to help your friends plan gentle births.
Speaker Nina McIndoe, CPM

Tuesday September 15, 2009

Postpartum Depression
Speaker POEM Leader Tonya Fulwider

Tuesday October 6, 2009

Infant Massage
Speaker Jill Shroer, CPM

Tuesday October 20, 2009

Home Schooling
Speaker Tanya Collins, CPM

Tuesday November 3, 2009

Food Allergies and Elimination Diets
Speaker Liesel Kautz

Mothership Fund



In June, the Parent Support Group launched its new Mothership Fund, with the goal of helping more families achieve their best birth. The group began collecting donations and planning fundraisers to support parents whose birth choices are limited by their financial situation. Recipients of the \$500 award can use

the money for any services they feel will improve their birth experience: Midwifery, Monitrice, Birth Doula, Postpartum Doula, or Childbirth Education.

The first fundraiser for the Mothership Fund will be a Vegan Bake Sale, held Saturday August 22 from 9 a.m. to noon, on the CHOICE front lawn. The Clintonville Farmers Market takes place across the street during this time, and the goal is for lots of shoppers to stop by and support the Fund, and learn a little about CHOICE.

CHOICE is Moving and We Need YOU!

CHOICE has been growing and we are quickly outgrowing our current offices. On Saturday, August 22nd, CHOICE will be moving their offices to a new location after 17 years in Clintonville! Our beautiful new office is located at 5721 North High Street in Worthington -- just south of the village.

We plan to move on Saturday, August 22nd from 10:00 am to 5:00 pm and we could use your help! If you are able to help us on that day with a truck and/or muscles, please let Melody know (263-2229).

Our History

- 1977 -- Home of one of our founding couples, Jim and Jan Dalton in Dublin.
- 1978 -- Medical Professional Building on Morse Road near Karl Rd.
- 1982 -- Home of Alison Hazelbaker on Olentangy River Road near Bethel Rd.
- 1982 -- Office near the corner of Main and James on the east side.
- 1984 -- Office on Johnstown Road, just north of the airport.
- 1991 -- Home of Kelley Daniel in Hilliard.
- 1992 -- Our current office at 3474 North High Street in Clintonville.





The Herb Garden

by Jill Schroer, CPM, Herbalist

HERBAL “HI - C” TEA

This easy tea refreshes while providing bioflavonoids and vitamin C in an organic and easily absorbable form. Safe for your entire family to drink everyday!

- 1 part cinnamon chips
- 2 parts lemongrass
- 3 parts hibiscus
- 4 parts rosehips
- 1/8 part orange peel
- 1 part spearmint
- * a pinch or stevia (optional)

*What is a part? The answer is..... any measurement as long as you keep it consistent throughout the recipe.

These herbs can be easily found at the Clintonville Co-op, Wholefoods, or can be ordered online from Mountain-rose Herbs.

Combine all ingredients and store in an airtight container.

Start by placing a handful of your tea mixture into a quart mason jar. Pour boiling water over the tea, stir and cover. Allow to steep (sit there) for 30-40 minutes. Strain. The length of time you steep and the amount of the mixture you use determines the strength of your tea.

You can also choose to brew this blend as sun tea. Apple juice can be added for more sweetness. This is also yummy frozen into popcicles. Enjoy!!!!!!



Legislative Update

by Audra Phillips

From the Ohio Midwives Alliance~

This fall, the Ohio Midwives Alliance and Ohio Families for Safe Birth are introducing a bill in the Ohio legislature to license Certified Professional Midwives. Twenty-four other states already license CPM's. There is currently no legal protection for midwives in Ohio. In fact, two midwives have been prosecuted for practicing medicine without a license in Ohio, while actually practicing midwifery. These midwives pleaded guilty to lesser charges to avoid a trial. The proposed legislation will create a midwifery board, made of midwives and a midwifery client in Ohio, to provide licenses for CPM's and legalize access to medications that stop excess bleeding after birth. This legislation will increase access to the midwifery model of care, improve insurance coverage and continuity of care when referral or transport is necessary.

This is a grassroots effort that critically needs your support. Please read below to find out what you can do now. Check back with ohiomidwives.org for updates.

- **Find out** who your state senator and representative are and save their contact information. You will need the last four digits of your zip code for legislator look up.
 - o You can find your last four digits at <http://zip4.usps.com/zip4/welcome.jsp>
 - o To find your legislators go to <http://www.legislature.state.oh.us/>. Check House and Sen-

ate, by zip code, enter your zip code and click Go.

- This summer, **write a letter** to your representatives asking them to support legislation to license Certified Professional Midwives. Focus on issues that matter to legislators like safety, access to quality care and affordability.
 - Share your time and talents by **volunteering** to help with the campaign. There are many things that can be done from home. Email Audra if you will help.
 - **Donate** money or fundraise for our campaign. Any amount helps us reach our \$24,000 goal that will allow us to pay for a lobbyist through the end of this legislative session. You can mail a donation to OMA, PO Box 14005, Columbus, OH 43214 or donate online at ohiomidwives.org. Thank you to those who have made donations!
 - **Open Action Alert** emails that you receive in your inbox and **Take Action!**
 - **Add** your supportive Ohio friends and family to the action alert database. http://www.ohiomidwives.org/?page_id=158
 - **Add** a link to the OMA ohiomidwives.org and OFSB safebirthohio.org website to the signature line in your emails.
 - **Talk** to people. Tell them why this issue is important to you. Blog, twitter, facebook, or write an article for a local newsletter.
 - **Encourage** your physician and chiropractor to sign onto the Ohio Physicians for Midwives. www.ohiodocsformidwives.org
 - **Notify** Audra if you have contacts in the local or state government, health department, or media.
- Thanks for your help!

Audra Phillips, CPM
Ohio Midwives Alliance, President
614-404-5668
audralp@earthlink.net