

## CSMC MEETING: JANUARY 2009

DATE: January 19th

LOCATION: 1473 Brule Ave., Ottawa (near Bank/Riverside)

TIME: 7:30 - 8:30 pm

ATTENDEES: Julia D., Diane P., Gina M., Robin G., Wendy H., Stacey, Mary B

CHAIR: Mary B

MINUTES: Mary B

### **1) Midwifery Updates:**

Jackie Whitehead, RM, phoned in to our meeting, at 7:30pm, from Ancaster.

She stated the importance of the following items for our letters of support for the Barrhaven/Riverside South Clinic proposal:

## **NEW DATE FOR LETTERS OF SUPPORT-Feb 15th, 2009. Mail directly to Jackie.**

-Jackie stated some very IMPORTANT POINTS, that could be helpful, when writing our letters of support:

\*the need for Midwives to serve South Ottawa residents, in ENGLISH, with privileges attached to the Ottawa hospital, so that clients need not worry about language issues at the Montfort, nor the lengthy drive to the Montfort hospital, from south Ottawa, and surrounding areas.

\*the need for lots of letters, and lots of support from practices, future Barrhaven/Riverside South clients/taxpayers, current midwifery clients, previous midwifery clients-en masse letters, will be the best approach. One of the reasons that the TWO other practice proposals were recently turned down by the key decision makers, was due to lack of support from consumers and practices.

\*the importance of location of need both of Ottawa South residents and of need to be in the Ottawa Hospital, for proximity during labour/delivery.

\*the important aspect that the more clinics, the more midwives, the more growth, and that having another practice WILL NOT take away from other practices in the Ottawa area, but that having another practice will only help in the reduction of waiting lists, and will support families having babies in Ottawa.

WE NEED TO SUPPORT JACKIE! WE NEED TO SPREAD THE WORD TO OUR ON-LINE FORUMS, (Facebook, Mothering.com.....) CONTACT LISTS, BUSINESSES IN RIVERSIDE SOUTH AND IN BARRHAVEN, ETC. ETC.

THREE WEEKS TO GO, TO HAVE AN IMPACT!!!

**We raised an important question: CAN THE LHIN HAVE A VOICE IN THIS?**

**Sheila McIntyre is our Consumer rep for the LHIN. Sheila, your thoughts?**

**a) Barrhaven/Riverside South Midwifery Practice proposal:**

- Thanks to Robin for drafting a letter of support on behalf of CSMC.
- Thanks also to Robin for creating a CSMC letterhead template.
- **template letter available** (with many thanks again to Robin!) for consumers to use to send in personal letters of support - **please let us know if you would like the template forwarded to you asap! (Thank you to consumers who have already requested the template and who are writing!!!)**

Any letters of support for a midwifery practice in Barrhaven/Riverside South should be addressed as follows:

Ministry of Health, Midwifery Program  
C/O Leslie McDiarmid  
South-East Ottawa Community Health Centre  
1355 Bank St.  
Ottawa, ON  
K1H 8K7

AND/OR

Please send the letter (**by February 15th, 2009**) directly to:  
Jackie Whitehead  
17 Bridgeport Cres  
Ancaster, ON  
L9K 1K3

She will be submitting all letters received with the proposal.

Background:

To Whom it May Concern:

My name is Jackie Whitehead and I am a midwife currently working in Hamilton having graduated from the Midwifery Education Program at Ryerson in 2007. I am a long-time resident of Ottawa and completed all my clinical training in the Ottawa area.

I am writing to inform you that I will be proposing a new midwifery practice in the Barrhaven/Riverside South area of Ottawa. Midwifery is a managed program of the Ministry of Health and any new practices are granted based on demonstrated need and community support. Any letters of support from interested community groups and other stakeholders would be most welcome in making the case for increased midwifery services in the southern end of the city. In that regard, I would appreciate it very much if your group/members would provide a letter of support for a new practice serving Barrhaven/Riverside South. Thank you.

If you wish further information, please do not hesitate to contact me.

Jackie Whitehead, RM

**b) Billing at the Montfort**

Karen working on letter to address billing/costs.--Karen needs to bring her letter to our February meeting to follow-up. **\*to add to February agenda item!\***

**c) Practice updates:**

MGO -Linda Raynor, new registrant (Fabienne G. and Tania M. are no longer with the MGO.)

MCO -no news from Donna, the Midwifery contact/liaison person.

OVM -no news from Donna, the Midwifery contact/liaison person.

PR-no updates at this time

MVM -We do have an update for the Madawaska Valley Midwives. We are no longer at the 12 Reichwald address. So our two clinic sites are now 1) Petawawa Centennial Family Health Centre on Civic Centre Drive, Petawawa, and 2) the Rainbow Valley Community Health Centre at 49 Mill Street, Killaloe. Our phone number is the same, and our fax number is 613-687-6808.

StLVM -new address in Winchester, new office-Our address for the Winchester location has moved to 462 Main Street East Winchester ON K0C 2K0, please update everything else is the same.

LGM -no news from Donna, the Midwifery contact/liaison person.

d) Miscellaneous:

**HELP!!!!\*\*\*\*\***

**A Message from Teresa Bandrowska, RM, at the Midwifery Group of Ottawa:** "Does anyone remember the display I made for our 10th anniversary picnic? Someone said they would scan it and I duly gave it to someone....can't remember who but I think it was a consumer. I would like to track it down, there were some irreplaceable mementos, photos and articles....If anyone remembers anything about it let me know. Thanks, Teresa"**\*\*\*\*HELP!!! ANYONE HAVE THIS???? TERESA is looking for it, in order to use it at a local museum in Quebec. PLEASE HELP US OUT, if you know the whereabouts of this picture file/display.\*\*\*\***

**HELP!!!!\*\*\*\*\*Waterbirth - Can you help???**

A message from a midwifery student currently at the Group: "I am one of the students at MGO. I have a client who is planning a home birth and strongly wishes to use a birth tub. Her family's finances are such that she cannot currently afford to rent or purchase one. Teresa suggested that putting the request out to the consumer group has been successful in the past. Can you spread the word? The client is due the end of March but has a history of early babies so would need it by the end of February, beginning of March. Genia"

e) LHIN??? - **Sheila McIntyre to send updates once the LHIN committee meets again. \*please add to February agenda.\***

2) Finances (Leslie)

Bank account balance as of Dec. 31st, 2008: \$820.33

Deposits made Jan.13th will be reflected in next statement: +\$60 (sale of 2 onesies, + 2 new BACN subscribers)

Petty cash balance: \$38.02

**BIG NEWS \$\$\$\$CSMC BANK ACCOUNT AS OF TODAY: THANK YOU,  
THANK YOU, THANK YOU, SUSAN MARTENSEN!!!!!!**

Dear Leslie,

Please feel free to announce that **I am thrilled to support the Ottawa "Consumers Supporting Midwifery Care" with the cheque in the amount of \$900.**

Thanks to the consumers for their support for the "Orgasmic Birth" film screening - and to the midwifery community.

Gina Merlin did a great job representing CSMC by helping us out in the core planning group. We were so pleased to see so many young people at the screening - and so many men.

We had about 235 in attendance and had a fabulous panel for the post screening discussion:

Betty-Anne Daviss represented midwives, we had a mother represented (she had an ecstatic birth herself), a father who spoke so eloquently and passionately about women's choice for birth, and a nurse (who specialises in sexual health).

We had a family doctor who was so profoundly affected by the film and wondered why family doctors in residence programs were never shown births like those in the film (never mind that they did not see them in practice either).

I represented doulas.

We had Adrian Harewood of CBC Radio's "All in a day" as our moderator - he did an outstanding job and was also profoundly affected by the film. He recently married and borrowed my screening copy to take home and show his wife.

I feel that this screening was so relevant as a fundraiser for midwifery care, given that the midwifery philosophy of care is to support the choice of the woman and to best offer her choice of support and birth environment wherever possible.

It was a privilege to be able to serve the birthing women and their families by bringing this screening to the community, to show that there are endless birthing possibilities and for women to strive to achieve their dreams as far as their options go.

I could not have done this without the dedication and commitment of my colleague and friend, Andrienne Prest - it was truly a team effort. She supported this project unconditionally. Also, Jackie MacNair and Gina Merlin made up the core team of 4 of us.

warmly  
Susan

Susan Martensen CD(DONA), PCD(DONA)  
"Birth and Beginnings" Doula and Education Services  
DONA Postpartum Doula Program Mentor and Trainer  
DONA Birth Doula Trainer  
DONA International Immediate Past President

\* If anyone would like to write some words of thanks and appreciation to these 4 amazing women, please send them to: [info@midwiferyconsumers.org](mailto:info@midwiferyconsumers.org) and all contributions will be compiled and included in thank you notes to these wonderful individuals who worked so hard to make such a phenomenal contribution to our group!!!

3) Upcoming Info Sessions (posters available on request - sent as attachments - please share with your local networks - thanks!).

Please contact Auramarina or Aaron Sawyer for more information, or if you have any questions: (613) 824-3598, [acanas@magma.ca](mailto:acanas@magma.ca)

20<sup>th</sup> Midwifery Information Session

ST. LAWRENCE COLLEGE  
2288 PARKDALE ST. MAIN ENTRANCE -1<sup>ST</sup> FLOOR  
BROCKVILLE, ON.

SATURDAY JANUARY 31<sup>st</sup>, 2009.

2-4 pm

NO REGISTRATION REQUIRED  
Children welcome  
Light refreshments

Free parking

21ST Midwifery Information Session

2127 St. Joseph Blvd  
Sages-Femmes de Prescott-Russell Midwives

WEDNESDAY FEBRUARY 11<sup>TH</sup>, 2009

7-8 pm

NO REGISTRATION REQUIRED  
Children welcome  
Light refreshments

Free parking

a) **Jennifer Y networking with Auramarina re: INFORMATION SESSIONS TARGETED TOWARDS** High schools, Universities, Colleges **\*need a follow up at next February meeting\***

b) **Display board** - Auramarina & Aaron have new, professional display board (thanks to BirthCare, [www.birthcare.ca](http://www.birthcare.ca), for loaning us this board!) - **thanks Leslie for getting this to Auramarina**

4) **Fundraising**

a) - BACN monthly e-mail now a go and it is growing!!! Many thanks to our supporters!!! The website listings are updated in as timely a manner as possible, to reflect our new subscribers, thanks to Mary & Mark!

Please welcome our new subscribers - many thanks to:

Barrhaven Marketplace Family Chiropractic Centre  
Dr. Nancy Salgueiro, Fellow of the International Chiropractic Pediatric Association  
Dr. Micael Carreira  
80 Marketplace Avenue, J2  
Ottawa (Barrhaven), Ontario K2J 5G3  
(613) 823-1255

info@marketplacechiropractic.ca  
www.marketplacechiropractic.ca

EcoBaby  
Trudi Hogue  
(613) 623-0428  
contact@ecobabyz.com  
www.ecobabyz.com

Hands On Health Massage Therapy  
Diana Lihou, RMT  
104 CentrepoinTE Dr., Lower Level  
Ottawa, ON K2G 6B1  
(613) 225-2333  
diana@handsonhealthmassage.ca  
www.handsonhealthmassage.ca

b) \* Karen suggested requesting reciprocal links with BACN subscribers, as a means to increase accessibility in search engines -  
**any volunteers to follow-up with this suggestion? \*to find volunteers at February meeting, to add to agenda.\***

c) FYI - as per previous discussion and suggestions, BACN definition now included with monthly BACN e-mail posts.

d) \* **We need fundraising ideas and SOMEONE to spearhead this committee -**

**Fundraising ideas? Need a Fundraising committee. Any volunteers? no response so far...\*to add to February agenda.\***

We discussed the following fundraiser item, that had been initially brought up at the November meeting.

**BUTTONS TO SUPPORT MIDWIFERY CARE OR TO SUPPORT CSMC. WE NOW HAVE THE \$ to move forward with this initiative. Gina M. has done all of the research and now we just need to come up with slogans for the buttons, depending on size of buttons, etc. Gina to send information to Leslie Ashton, to follow-up and move forward on this, for the May picnic, with**



Ottawa Midwifery groups. We want to have the buttons at our booth, along with onesies and tee-shirts, which promote midwifery care, at the annual spring picnic.

e) Etsy info from Sheila:

>> I have included the link to Etsy's selling page below. We certainly qualify because my niece designed the t-shirt, but it means that one of us has to effectively run an on-line business selling onesies. The listing, etc, isn't the tough part - when someone orders one, then we would have to process & ship the order, promptly or we will lose points as a seller. That means keeping stock, invoices, & pretty regular trips to the post office (here & in NY, I guess, so we could appeal to US shoppers more easily.) I am not sure I am willing to do this kind of thing alone; did anyone else offer to help with it? Also, etsy takes 3.25%, which seems fine, but we should probably raise our rates. Sheila <<

["http://www.etsy.com/how\\_selling\\_works](http://www.etsy.com/how_selling_works)

Thoughts??? Any volunteers??\* To add to February agenda\*

5) Website (Mary):

Mary & Mark have been busy with lots of updating - be sure to check out the website!

\*We always need updated birth stories for our website. Please send to Mary, website coordinator (mary.beatty@ocdsb.ca).

6) Webhosting/e-mail (submitted by Leslie - please discuss)

We repeatedly have trouble with e-mail taking up disk space; sometimes it prevents us from sending or receiving e-mail, until someone at WebHosting Canada can purge the e-mails (despite repeated efforts and explanations from the consistently very helpful support people at WebHosting, it seems to be impossible for us to do so ourselves)

A suggestion from WebHosting Canada:

>> don't know if I mentioned this before, but what I would recommend is that you get you emails done through google.

You would still have the same email address info@midwiferyconsumers.org,

but now you keep your disk space available for your website while all emails are handled by google.

This is something you can do yourself, I can help if you get stuck.

See:

["http://google.com/a/](http://google.com/a/)

There would be other, annual fees associated with this (\$50 / user account / year). Thoughts???

**NEED A WEB PERSON/VOLUNTEER!!! Can anyone web savvy help us to sort this out???? \*To add to February agenda.\***

We are not even using our current e-mail (through Horde) effectively since Leslie has been unable to set-up an address book for sending e-mails via webmail. It is not a very user-friendly program! Previous requests for assistance have had not had a response...

#### 7) Facebook - Gina -

sending out messages, via Facebook, re. CSMC events, campaigns, etc. Gina says it is going well, now that she has it set up.

#### 8) Fact Sheet: AOM MIDWIFERY CARE FACT SHEET

Rather than reinvent what already exists, we will use the new AOM pamphlets that can act as "fact sheets" for consumers. Mary to bring to meeting.

-Mary distributed the pamphlets to attendees at meeting. Mary has remaining pamphlets, to pass out to other consumers, at upcoming February meeting. \*add to agenda\*

Nuyanne suggested a fact sheet be developed specific to homebirth.

\*Nuyanne will need to follow-up on this, with Joanna Zuk. Great idea, from Nuyanne at Dec. meeting!

Message from Joanna Zuk, AOM: "I notice that you are thinking of putting together a fact sheet about home birth. This, too, has come up at the Association level. Rather than us both re-inventing the wheel, it would be great to work together somewhat on this piece. We envision creating something similar to the general brochure in terms of size, structure and function. A mix of simple text and photos. It would be very helpful to me to

see your outline from a consumer perspective as I am putting my text together.

Can you include me in your e-mail development of this piece? Let me know what works for you." Joanna

Any volunteers???

\*Nuyanne??

9) Coalition for Breech Birth - update (Robin) -Robin will be speaking to Ryerson Midwifery students, end of January, re. breech birth, anyone carrying a breech baby, to contact Robin for support, if they need it, or want more support or information, Robin stated that she is working on the website, and it will be up and running soon, there will be a HUGE Breech Birth conference this fall, 2009, with speakers from various places and countries, in attendance, here in Ottawa, Robin looking for any volunteers, interested in working with her on the Breech Birth committee. Just e-mail her directly, if interested.

<http://www.breechbirth.ca/Welcome.html>

10) Feedback Committee - reminder to be included in each monthly meeting's minutes

Just a reminder to consumers - if you have any feedback (positive and/or constructive) regarding midwifery care, but would prefer to not contact your midwifery practice with your feedback for whatever reason, you can do so, anonymously at:

[CSMCfeedback@gmail.com](mailto:CSMCfeedback@gmail.com)

Donna and Kathleen, both midwifery consumers, compile the feedback received and then share it with all midwifery practices, anonymously.

11) Next meeting:

Monday February 16th, 7:30 - 8:30 pm--Prescott/Russell Midwives'

Office - EAST

2127 St. Joseph Boulevard, Orleans.

12) Of interest to consumers:

a)There was a great (and controversial) article in the New Yorker on the history of breastfeeding, written by an early American historian from

Harvard, Jill Lepore.

I think our members would enjoy reading it if you care to pass on the link below - you don't need to be a subscriber to the magazine to read it on-line.

[http://www.newyorker.com/reporting/2009/01/19/090119fa\\_fact\\_lepore](http://www.newyorker.com/reporting/2009/01/19/090119fa_fact_lepore)

b) Dear Friends,

We (Lisa Doran and Lisa Caron) are inviting contributors to the collaborative book:

BEARING WITNESS: Birth Through the Eyes of a Doula, a new 200 page collaborative work which will be published in 2010.

We've had wonderful contributions already from 14 authors with different voices and experiences: Melissa Bone, Julei Busch, Lisa Caron, Melissa Cowl, Lisa Doran, Autumn Fernandes, Kimberley Fernandez, Marcie Macari, Tara McLean, Cindy McNeely, Hilary Monk , Beth Murch, Lara Stewart-Panko and Heidi Scarfone. If you are or have ever been a doula or attend women in labour sitting we would love to hear your voice and add your name to the list!

This work will be targeted toward doulas, midwives and expectant mothers and

will include 20 essays on what it is like to be a doula, to work hands on with women and birthing families in such a traditional and supportive role within the modern obstetrical and midwifery models; to bear witness to their

journey, their suffering, their joy and their transformation into mothering.

Deadline for submissions is extended to February 2, 2009.

Submissions in the form of editorial essay's, Poetry, and Artwork (including but not limited to paint, clay, pen, fiber, computer) will all be accepted.

Each written submission ranging from 5 to 5,000 words, is signed by the contributor. The General Editors for the work are Lisa Doran and Lisa Caron. The Editors will review all the submissions for editorial content and consistency within our theme.

Written contributors should respect client/patient privacy and speak about the doula's perspective and role within birth. We are not necessarily looking for birth stories but more stories of how you felt, what you saw, funny stories, things that made you shake your head, things that kept you up at night - your reasons for persisting as a doula, what you carry with you and think about with regard to your clients, your joys, difficulties, why you quit, why you only do home birth or hospital birth - we want to hear it all. We want you to rant, to philosophize, to share what your gut tells you, to share your visions of birth. We'd appreciate very real, tangible stories of your own experiences, in your own words and voice and from the perspective of the very unique and valuable role that doulas play at birth.

If you are interested in contributing to this collaboration, it can be a notable publication addition to your CV/resume and broaden your publishing credits. Payment for the articles are honoraria of a copy of the book.

Style guide: All submissions must be made electronically to: Lisa Doran at <[ailto:lisadoran@rogers.com](mailto:ailto:lisadoran@rogers.com)>  
lisadoran@rogers.com.

Original artwork can be  
mailed to me - please contact me for my address.

All written submissions should be in the format of: Word Document, double spaced, font: times new roman 12pt. Please include a short bio and contact information including address, phone number and email with each submission.

We will contact you March 09 with further details of going forward if your submission is to be part of the collaboration.

Please consider contributing to this wonderful reference for doula's and mothers that will help explain and define our role within the birth team and enlighten the reader to the experience of being a doula, our motivations, our dreams for birthing women and our strong and unique collective voices.

Please forward this through your networks.

Thanks! Any Questions please contact us:

Lisa Doran, N.D., Doula, [lisadoran@rogers.com](mailto:lisadoran@rogers.com)

Lisa Caron, Doula, [lisacaron@sympatico.ca](mailto:lisacaron@sympatico.ca)