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What can you offer?

Speak at the conference

The deadline to submit your Speaker Proposal is December 1, 2008. Information can be found on the DONA International [web site](#).

Highlight your business

Get ideas for how to make your product or service known. Find the Sponsor/Exhibitor/Advertiser Prospectus on the DONA International [web site](#).

Visit the 2009 DONA International Conference [web page](#) often.

Quick Links...

- [DONA International](#)
- [DONA Boutique](#)
- [2009 Conference Info](#)

Volunteer Opportunities

DONA International needs you!

Dear DONA International,

Who are doulas anyway? Think about the doulas that you know. I really can't think of a more diverse group of women who all hold the same passion. (Well, there is at least one man too...)

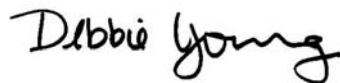


I enjoy training women all around the country and meeting new doulas from every walk of life. In the past few months I have trained young women just entering college, mature women with multiple grandchildren, women with no children of their own, women with up to eight children of their own, women who have full time jobs, stay at home moms, nurses, midwives, massage therapists, social workers, childbirth educators, public health employees, business owners, retired women and others. What a list!

It is so interesting to see all the different things that doulas bring from their other lives into their doula work, and I warn them that their doula life will start creeping into their other life. I can equate most things in life to a thought about birth or new families. It drives some in my family crazy. I can stop to help a mom with a crying child, suggest a better book selection, talk to groups large and small about birth even if that group is unrelated to anything near birth, like the Lion's Club. I warn the new doulas but really I encourage them to see how they can spread the word and build their business by letting their doula life become part of their whole life.

Who are you? How do you use your doula life in your whole life? I hope it is a good fit for you!

Warmly,



Feature Story

Presenting the right balance on induction

By Stefanie Antunes, CD(DONA)
DONA Director of Public Relations

I often speak with my clients about their goals. As a doula it is my role to help them plan the path that is most likely to get them to their goals. Many of us have experienced the often bumpy path of induction. We diplomatically inform our clients of the risks, of the miracle of baby's timing, but our current medical system often has women feeling

Whatever your interests, talents and available time, DONA International has a position for you! The [Get Involved](#) page on the web site has a list of openings and information on the application procedures for exciting volunteer leadership and committee member positions.

Board of Directors

Two positions are currently vacant. The Director of Education position is open to an experienced DONA approved doula trainer with a background in education; and a Regional Director is needed for the Mexico/International region. Visit the [Get Involved](#) page on the web site for information.

Publications Committee

Put your writing and editing skills to good use. Volunteer as the *International Doula* Managing Editor or as an Associate Editor. The *eDoula* Newsletter Editor position is also open. Contact the [Director of Publications](#) for more information.

Certification Committee

Are you fluent in **Spanish**? The certification committee needs certified doulas to review birth doula certification packets written in Spanish. Qualifications include birth doula certification, familiarity with the certification process and excellent people skills. Please contact the [Director of Certification](#) for more information.

Please visit the [Get Involved](#) page on the web site to learn more about available volunteer positions.

pressured into being induced. After experiencing many difficult inductions, I began painting the true picture of the common path of induction for my clients, fraught with intervention, usually medication and often times cesarean. I hoped my clients would think more carefully about that path before jumping on the train. The results shocked me. Two of my clients ended up choosing to go the full 14 days past their due date, and when baby still wasn't showing signs of her grand appearance, they chose a cesarean instead of being induced! These were women who were planning low/no intervention or medication births. How could this be? Is it possible that in our zeal to protect normal birth we sometimes paint too real a picture and become part of the fear-based culture we're trying to stomp out? I've since rethought my commentary on induction and have made it a more balanced discussion of the risks and benefits in order for my clients to choose a truly informed path that honors their most important goals.



The TODAY Show

Previously, we announced that DONA International and doulas would be featured on The TODAY Show on NBC on two separate dates, neither of which aired. Currently, the segment is scheduled to air on Thursday, November 20 and we hope that other news stories will not take precedence. Stay tuned to NBC and also visit the web site at www.TODAYShow.com to read the companion article.

Two new board members!

DONA International welcomes Stefanie Antunes as the DONA Director of Public Relations and Michelle-Nicholle Calareso as the DONA Multi-Cultural Director. If you are interested in assisting them in any way or have questions or concerns, they can be contacted at PublicRelations@DONA.org and MultiCultural@DONA.org, respectively.

Report on U.S. maternity care

Childbirth Connections, the Reforming States Group and the Milbank Memorial Foundation released a report entitled "Evidence-Based Maternity Care: What It Is and What It Can Achieve" enumerating the great disparity between the expense and value of the American maternity care system, as well as providing evidence-based recommendations for improvement. Read it on the Childbirth Connections [web site](#).

Women willing to accept greater risk for vaginal birth

A study undertaken in Sydney, Australia shows that women are willing to accept greater risks of the more common short and long-term complications of vaginal birth than health professionals when deciding between a vaginal birth or an elective cesarean section. The study surveyed women having their first babies, as well as midwives, obstetricians, urogynecologists and colorectal surgeons. Midwives were more closely aligned with women's choices than any other health professional. Read it [here](#).

Quick Tip

By Erin Leigh Jepson,
CD(DONA)
Frazee, MN

To remind my clients of upcoming prenatal appointments that we have scheduled, I mail them the *Trust in Birth* postcards from the DONA Boutique. My clients enjoy the inspirational art and words as they remember when to expect me for our next appointment.

Share your Quick Tip with us. If yours is chosen, you'll be rewarded with a gift certificate to the DONA Boutique. [Send Your QT!](#)

TomDoulery!

By Erica Perkins,
CD(DONA)
Coquitlam, BC

My friend's six year old daughter told her that she was never going to get married but that she would be a mommy one day. When my friend asked her daughter how she could have a baby without a husband, her daughter replied, "Oh, I'll just have Auntie Erica doula me!" I *am* hoping to be her doula...some day in the far away future!

Share your funny stories with us. If yours is chosen, you'll be rewarded with a gift certificate to the DONA Boutique. [Send your TD!](#)

Thanks!

The U.S. celebrates a day of thanksgiving in November, Canada celebrated

Just do-ula it!

PROFESSIONAL
Development

Educational Opportunities

Attend a basic doula workshop

If you still have to attend a workshop as you pursue DONA certification, visit the [Find a Doula Workshop](#) link often for current DONA approved basic birth and postpartum doula workshop listings. Workshop listings are updated frequently.

Hone your doula skills!

You worked hard to complete the certification process and are now developing your doula business. Don't forget the importance of keeping current and furthering your doula knowledge in order to serve your clients effectively. Attend educational events on topics relevant to your practice. CEUs can be earned through alternative contact hours or through formal presentations and workshops that have received contact hours through a recognized organization. For more information on CEUs, check the [Continuing Education](#) link on the web site.

2008 conference session recordings

Recordings of general and concurrent sessions from the 2008 DONA International Conference are available for purchase [on-line](#). Listening to general session recordings earns you CEUs!

Welcome!

CELEBRATING
Our Members

Congratulations to our newly certified postpartum doulas from August 1 to September 30, 2008:

CANADA: British Columbia: Alison McComb (Vancouver), **USA: California:** Ellen Baymihir (Chatsworth), Shannon Heydari (Fullerton), Joan Durham (Los Angeles), **Florida:** Kathleen Harvey (Pinetta), Spring (Rose) Smith (Sarasota), **Georgia:** Kai Martin Short (Atlanta), **Massachusetts:** Lanie Cantor (Arlington), **New Jersey:** Violeta C Guillen (Elmwood Park), Lisa Hertel (Glen Ridge), **New York:** Shawn Williams (Bronx), Andrea Pryor (Jackson Heights), Nicole Heidbreder (New York), Julie Crosby (Syracuse), **North Carolina:** Rebeca Torres Moretto (Fuquay-Varina), **Pennsylvania:** Jean M. Bertz (Lancaster)

Congratulations to our newly certified birth doulas from August 1 to September 30, 2008:

AUSTRALIA: Queensland: Maryanne Mitchell (Perseverance), **CANADA: British Columbia:** Sarah Segal (Nanaimo), Candice Marples (Vancouver), Morgan Weathington Black (Victoria), Jill Colpitts (West Vancouver), **Northwest Territories:** Johanna Tiemessen (Yellowknife), **Ontario:** Andrea Sheridan (Hamilton), **ISRAEL: Jerusalem:** Batya Tarko (Har Nof), **JAPAN: Tokyo:** Chie Matsunof (Chofu-shi), **MEXICO: Distrito**

thanksgiving in October and many cultures around the world celebrate the time of harvest and abundance in the fall. No matter where we live, let us all take the opportunity to appreciate one another for the abundant love and caring support we provide to our clients as they welcome their babies into their arms and homes. Our lives are better for the opportunity and we know we are making a difference!

Keep sending items in to us [via e-mail](#). We appreciate the support and enthusiastic feedback that we have received about your *eDoula*.

Announcement: Group membership fee increase

Effective February 1, 2009, group membership fees will increase by \$5 to \$55.

As always, membership fees will be adjusted according to the International Fee Group Index, so please check the web site for information on fees for your country.

Renew [on-line](#) at the DONA Boutique or call the Home Office at (888) 788-DONA (3662).

***eDoula* Editorial Staff**

Open position, Newsletter Editor

Sunday Tortelli, Director of Publications

Federal: Ivonne Lourdes Ferrera Guilbot (Mexico City), Lourdes Adriana Gil Baptista (Mexico City), Liliana Diaz Hernandez (Mexico City), Mercedes Campiglia Calveiro (Mexico City), Olivia Lozano Valencia (Mexico City), **Jalisco:** Luz Maria del Rayo Loza Amezcua (Guadalajara), **Quintana Roo:** Laura Elena Alfaro Perez (Chetumal), **Tabasco:** Zoila Barragan (Villa Hermosa), Norma Avalos Salazar (Villa Hermosa), **Veracruz:** Salgado Neyla Nuvid Nassar (Jalapa), **Yacatan:** Adriana Beatriz Cetina Alonzo (Merida), Maria Valentina Leiva Gomez (Merida), **Groningen:** Gonny Cappers (Haren), **Cadiz:** Milagros Bernal Mateo-Sidron (San Fernando), **URUGUAY:** Mariana Caceres Fleurquin (Montevideo), Martha Sucunza (Montevideo), **USA: California:** Mary Weber (Burbank), Veronica Hinojosa-Stang (Inglewood), Kimberly Gross (Long Beach), Tamara Leeper (Long Beach), Dalila Melkumyan (Los Gatos), Nancy Lomen (San Gabriel), **Colorado:** Tara Page (Boulder), Kimberlee Littau (Colorado Springs), Jamie Adamson (Firestone), **Florida:** Erin Greene-Rettig (Saint Cloud), **Georgia:** Kimm Blandin (College Park), **Illinois:** Dionne Dotson (Chicago), Shawondra Stewart (Chicago), **Kansas:** Avry St. Peter (Hays), Heidi Shulista (Paola), **Maryland:** Sheila Rose Patton (Carbin John), Josephine Hathway (Mongomery Village), **Massachusetts:** Teresa Coyle Airey (Ashby), Amy Brassard (Norton), **Michigan:** Cheri Hentschel (Whitehall), **Minnesota:** Terri Dlouhy (Anoka), Ruthie Loe (Cottonwood), Margaret Novak (Minneapolis), Dolores Garcia (Minneapolis), Jeannie Baron (Minnetonka), Kristin Brown (Prior Lake), Emily MacLaury (St Paul), Sara Weik (Wrenshall), **Missouri:** Mary Summa (Moberly), Jessica Townes (Wentzville), **Nebraska:** Gretchen Tollefson (Omaha), **New Hampshire:** Anita Pricskett (Milford), **New Jersey:** Blythe Eaman (Montclair), **New York:** Lydia Cavallo (Brooklyn), Lorelei Russ (Brooklyn), Gina Nicoletta-Budler (Canton), Patricia Conner (Clarence Center), Carly Rivas (New Windsor), Kathryn "Kate" Dimpfl (Newfield), Katie Karpenstein (Yorkers), **North Carolina:** Ronni McGarty (Charlotte), Yolana Simpson (Greensboro), Becky Hale (Winston-Salem), **Ohio:** Noa Gopstein (University Hts), Melissa Sablack-Gonzalez (Willoughby), Janice Ontiveros (Bartlesville), **Oregon:** Echo Zielinski (Lake Oswego), Tamera Canales (Portland), Kristy Rose Leech (Portland), **Pennsylvania:** Karen Sharif (Pittsburgh), Kelly Jackson (Pittsburgh), Patricia Paulina Erices Ocampo (University Park), **South Carolina:** Jean Sternberg (Columbia), **Texas:** Jessica Douglas (Houston), Angela Parker (Midlothian), **Utah:** Cynthia Webecke Smith (Clearfield), **Virginia:** Lori Hill (Williamsburg), **Washington:** Lissett Muhr (Bellingham), Veronica Amucha (Merier Island), Rebecca Shepherd (Seattle), Emma Summer (Seattle), **Wisconsin:** Lisa Mullaney (Milwaukee)

Congratulations to our recertified postpartum doulas from August 1 to September 30, 2008:

USA: California: Lisa Burke (Temecula), **New York:** Natasha Fuksman (Sunnyside), **Washington:** Melinda Ferguson (Edmonds)

Congratulations to our recertified birth doulas from August 1 to September 30, 2008:

CANADA: Alberta: Nicola Strydom (Calgary), **British Columbia:** Victoria Drever (Surrey), Jean Schoeber (Vancouver), Eva Bild (Victoria), **Ontario:** Tammy Schnekenburger (Leamington), **ISRAEL: Jerusalem:** Aliza Stavsky (Neve Daniel), **JAPAN:** Laurie Hebb (APO), **USA: Arizona:** Sherry E. Hottenstein (Fountain Hills), Noelia Waldo (Mesa), Rebecca St. Amand (Phoenix), Maria S Villa (Tucson), **California:** Sharon Langham (Bakersfield), Debra Merritt Bruflat (Santa Rosa), Robin Kay (Temecula), **Connecticut:** Diane L Titcomb (Killingworth), **District of**

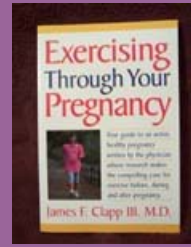
Columbia: Claudia Booker (Washington), **Florida:** Yolanda Leal Castellanos (Miami), Katherine Mertz-Hellner (Palm Harbor), Wendy Hoffmeister (Tampa), Pam Napp (Tarpon Springs), **Idaho:** Marie-Ange Bigelow (Boise), **Illinois:** Krista Payne (Mt Vernon), Lori Lynn (Oakford), Heather Longfellow (Washington), **Indiana:** Amelia Tamez (South Bend), Maria Da Silva (Terre Haute), **Maryland:** Nancy M. Watson (Columbia), **Massachusetts:** Carolyn Ogren (Middleton), **Minnesota:** Lana Anderson-Kuchynski (Champlin), Susan Lane (Minneapolis), Rebecca Feyder (St Paul), Katherine Chinn (St. Paul), **Montana:** Nicki Hope (Malmstrom AFB), **New York:** Julia M Sittig (Brockport), Chanie Mandel (Brooklyn), Debbie Aglietti (Mahopac), Jeanne Kreuder (Tonawanda), **North Carolina:** Robin Rennells (Raleigh), Shirley Johnson (Rutherfordton), **North Dakota:** Christina Marren (Fargo), **Ohio:** Janet C Joseph (Novelty), Lynette DeBertrand (St Clairsville), **Pennsylvania:** Anna May McCaughan (Philadelphia), LaRue Emmell (Red Hill), Joanne McDaniel (Sewickley), **Rhode Island:** Rita Quinn (Little Compton), **Texas:** Jeanne Green (Richardson), **Vermont:** Nancy Rae (Derby Line), **Washington:** Stephanie Nobles (Chattaroy), **WEST INDIES: Trinidad:** Brenda Joyce Samms (Diego Martin), Andrea Alkins (Port of Spain)

Please forgive us if we missed your name! [Let us know](#) and we will be sure to include it in the next International Issue of eDoula.

DONA Boutique

Save 10%

Print out and clip this coupon to save ten percent on your phone, fax or mail order of *Exercising Through Your Pregnancy: Your Guide to an Active Healthy Pregnancy* by Dr James Clapp from the DONA Boutique while supplies last! This book provides recommendations and guidelines for developing an exercise program that safely fulfills a mother's needs during the different stages of pregnancy.



Visit the [DONA Boutique](#) for all your doula needs!

Offer Expires: November 30, 2008