

## By and About our Members - What We're Up To

◆ Peggy Stubbs and Ingrid Johnston-Robledo are working together as guest editors for a special issue on menstrual cycle research to be published in the journal *Sex Roles*. The title is: Positioning Periods: Menstruation in a Social Context. Articles in this special issue will explore and position menstruation within sociocultural and political contexts. Topics include the social stigma of menstruation, perceptions of women as a function of their menstrual status, representations of menstruation and menstruating women in popular culture, and women's social location as it shapes their menstrual experiences. In addition to empirical articles on the menstrual cycle, they hope to include articles on teaching related to the menstrual cycle as well as theoretical and historical articles. The issue will include articles based on presentations at the last SMCR meeting in Spokane, WA as well as those solicited through a general call. The deadline is June 1, 2010 for all authors. If you are interested in reviewing submissions and/or doing a review of a book or film, please contact Ingrid at: [robledij@fredonia.edu](mailto:robledij@fredonia.edu).

◆ Greg Derry, professor of physics at Loyola University Maryland, presented a paper he coauthored with Paula Derry, Paula Derry Enterprises in Health Psychology, titled "Characterization of chaotic dynamics in the human menstrual cycle" at a session on the Physics of Physiological Systems at the American Physical Society March Meeting 2010 in Portland, Oregon. Greg and Paula  
*continued on p. 2*

### President's Message

by Elizabeth Kissling

I want to thank everyone for the high turnout in our fall election of board members, and to welcome our new board members, Paula Derry, Mindy Erchull, Alexandra Jacoby, and Laura Wershler. I also want to extend my gratitude to the board members who have completed their terms in 2009: Marianne MacPherson, Phyllis Mansfield, and Diana Taylor. *continued on p. 6*

### in this issue:

By and About our Members	1-6
President's Message	1,6
Membership Committee Update	7
SMCR 2011 Conference	7-8
New from SMCR Members	8
From our Outgoing Editor	9
From our Incoming Editor	10
About the Blog	10-11
An Opportunity	11
SMCR Board Members	12

SAVE THE DATES:

JUNE 2-4  
2011

SMCR RETURNS TO PITTSBURGH IN 2011

Embodied Consciousness, Informed Choices:  
Critical Perspectives on the Menstrual Cycle.

are collaborating on research to demonstrate that variation in the number of days between one menstrual cycle and the next is not due to random changes but instead that these variations reflect the workings of a nonlinear dynamical system. “Chaos” in this context is a technical term that does not have the common English-language meaning of “random.” Instead, chaotic systems are those that produce outcomes that are deterministic but not predictable. Greg's paper presented, to an audience of enthusiastic physicists, the technical details of the mathematical analyses needed to establish that chaotic dynamics exist in the menstrual cycle. For further information about the paper contact [gderry@loyola.edu](mailto:gderry@loyola.edu). For general information about the project contact either Greg or Paula ([paula.derry@gmail.com](mailto:paula.derry@gmail.com)).

◆ In addition to managing the SMCR blog and serving as President of the Society, Elizabeth Kissling has had the following accomplishments:

- Reproductive Writes: I Choose My Choice: An Interview with Elizabeth Kissling, posted on the Bitch magazine blog: <http://bitchmagazine.org/post/reproductive-writes-i-choose-my-choice-an-interview-with-elizabeth-kissling>
- Women's eNews, Journalist of the Month, November 2009: “Kissling's Menstruation Blog Talks All About It” <http://www.womensenews.org/story/journalist-the-month/091117/kisslings-menstruation-blog-talks-all-about-it?page=0,0>
- Company (British women's magazine), February 2010: “It's 2010, So Why Are We Still Having Periods?” (pp. 76-78)
- Pills, Periods, and Postfeminist Identity: The New Politics of Birth Control. Plenary presentation at 1st Annual EWU

Philosophy Conference, Eastern Washington University, April 9-10, 2010.

- Pills, Periods, and Postfeminism: The New Way to Market Birth Control. Paper presented at annual Gender Studies Symposium, Lewis & Clark College, Portland, Oregon, March 10-12, 2010.
- Selected to participate in Ms. Magazine Writers' Workshop for Feminist Scholars 2010.

◆ Leslie Carol Botha, health educator, broadcast journalist, and author of *Understanding Your Mood, Mind and Hormone Cycle*, and *Girls Empowered Boys Empowered: a Comprehensive Adolescent Health Curriculum* was a presenter at the March 12, 2010 FDA teleconference webinar presentation on Global Concerns Regarding the Safety and Efficacy of Gardasil and Cervarix. Representatives from the Office of Communication, Outreach and Development/ Center of Biologics (CBER), Office of Biostatistics and Epidemiology, and Office of Vaccines Research and Review were in attendance.

Botha's part of the presentation included peer reviewed studies on menstrual cycle evaluation and immunity, and the relationship between hormones, histamine and IgE, specifically in reference to Gardasil. She was one of six women involved in compiling the 250 pages of research documents, graphs, VAERS reports on injuries and deaths, and global reports of unreported injuries for the the webinar. The other women involved are from the Netherlands, United Kingdom/Scotland, and the United States. The research papers and power point can be found at [www.truthaboutgardasil.org](http://www.truthaboutgardasil.org). More information on Botha's work and research can be found at <http://holyhormones.com>.

◆ From SMCR member Joan Moon: I am excited to announce the production of the CD "A Women's World: Discovering the Dynamic Menstrual Cycle." There are three different packages available: Women/Mothers/Daughters; Educators; and, Healthcare Practitioners.

The modules can be ordered through her website, [MenstrualCycleEducation.com](http://MenstrualCycleEducation.com). Be sure to read the endorsements which includes one from Jerilynn Prior. Thanks to SMCR members David Linton who shares his male perspective on the MyStory/YourStory blog and Leslie Botha for interviewing me on her global radio program. I look forward to any input members would like to share with me either personally or on the site. If you access the site, be sure to look at the sample animations on the upper right side of the Home Page. The SCMR has truly inspired me to follow my passion related to educating women about their dynamic menstrual cycle!

The narrated module, A Woman's World: Discovering the Dynamic Menstrual Cycle, includes:

- Illustrations, both computer graphic and photo, of the anatomy of the female reproductive system
- Animation showing the dynamic cyclic nature of the menstrual cycle in a woman as it goes from the brain to the ovaries to the endometrial lining of the uterus
- Animation of ovulation, nonfertilization and fertilization of the egg with subsequent impact on the endometrial lining of the uterus, fertilization of the egg resulting in cell division and implantation of the embryo in the endometrial lining
- Graphs with time series of the hormones as they increase and decrease throughout the cycle

- Narration of the script. The script is also at the side of each page enabling the viewer to read as well as hear the narration

◆ Drs. Diana Taylor and Judith Berg are presenting a symposium at the International Council on Women's Health Issues Congress in Philadelphia, PA, on April 8, 2010, titled Evidence to Inform Policy and Practice: Improving Urban Women's Access to Reproductive Health Services Globally. Dr. Taylor was awarded the Ann Voda Lifetime Achievement Award by the Board of Directors of SMCR at the 2009 conference in Spokane, WA. Dr. Berg is a current member of the SMCR Board of Directors. Both have devoted their careers to menstrual cycle research, reproductive health education and practice and political activism.

This will be the 18th Congress of the International Council on Women's Health Issues (ICOWHI), an international non-profit association dedicated to the goal of promoting health, health care, and well-being of women throughout the world through participation, empowerment, advocacy, education and research. ICOWHI is a multidisciplinary network of women's health providers, planners, and advocates from all over the globe. The organization constitutes an international professional and lay network of those committed to improving women's health and quality of life. Members are from disciplines such as medicine, nursing, public health, law, women's studies, sociology, anthropology, geology, urban planning, finance, government, and health policy. All have an interest in improving the health and lives of women.

The 18th Congress' theme is Cities and Women's Health: Global Perspectives. The anticipated outcome of this congress is the generation of new paradigms of scholarship

and practice that structure urban environments in terms of health, and women's health in particular.

The symposium presented by Taylor, (RN, PhD, FAAN from UCSF) Berg (PhD, RN, WHNP-BC, FAAN, FAANP from University of Arizona and UCSF), and Amy Levi (CNM, WHNP, PhD, FACNM from UCSF) is titled Evidence to Inform Policy and Practice: Improving Urban Women's Access to Reproductive Health Service Globally. The individual papers are titled:

Amy Levi: Meeting the national health goal to reduce unintended pregnancy: A public health model

Diana Taylor: Putting policy into practice: An evidence-based blueprint for action for unintended pregnancy prevention using a public health model

Judith Berg: Advancing health professional competencies in reproductive health: A critical strategy for reducing unintended pregnancy

◆ Sexual Health Access Alberta hosted a presentation titled, Beyond the Estrogen Myth: Understanding Perimenopause by SMCR member Dr. Jerilynn Prior on Saturday, February 27, 2010 in Calgary, Alberta. Jerilynn is an endocrinologist and professor of medicine at the University of British Columbia, and the author of Estrogen's Storm Season and The Estrogen Errors: Why Progesterone is Better for Women's Health. Drawing on her 40 years of clinical experience and 30 years of innovative women's health research as Scientific Director of the Centre for Menstrual Cycle and Ovulation Research (CeMCOR), Jerilynn shared her understanding of the perimenopause transition and answered

audience questions. Over 80 women attended the event. Laura Wershler, Executive Director of Sexual Health Access Alberta and SMCR member, reports that feedback from audience members was overwhelmingly positive, and most appreciative of the practical information provided.



Jerilynn Prior (left) and Laura Wershler (right).

◆ Former SMCR President Ann Voda was recently honored by NAMS (North American Menopause Society) by the naming of an award after her. The award will be known as the NAMS/Ann Voda Community Service Award to recognize deserving healthcare providers among NAMS members. The award is based on Dr. Voda's work with the Navajo elderly and will begin in 2010.

◆ Moira Howes recently published an article that addresses certain problems in evolutionary reasoning about menstrual function. She argues that we should proceed cautiously with regard to menstrual suppression in light of these problems. Though the paper addresses neither the socio-cultural dimensions of menstrual function nor the relevance of socio-cultural factors in the evolutionary process, Dr. Howes contends that these issues are relevant and important to biological reasoning about menstruation and,

therefore, focuses the article more narrowly for this publication.

"Menstrual Function, Menstrual Suppression, and the Immunology of the Human Female Reproductive Tract." *Perspectives in Biology and Medicine* (February 2009), 53 (1), pg. 16-30. Dr. Howes welcomes comments and feedback at: [mhowes@trentu.ca](mailto:mhowes@trentu.ca).

◆ Christine L. Hitchcock has been appointed as a clinical assistant professor in the School of Population and Public Health at the University of British Columbia, which allows her to supervise students, teach, and apply for grants. She will also continue her work as a Research Associate at the Centre for Menstrual Cycle and Ovulation Research (CeMCOR) in the Department of Medicine. Among Dr. Hitchcock's recent publications are the following:

Bedford, J. L., Prior, J. C., Hitchcock, C. L., & Barr, S. I. (2009). Detecting evidence of luteal activity by least-squares quantitative basal temperature analysis against urinary progesterone metabolites and the effect of wake-time variability. *European Journal of Obstetrics & Gynecology and Reproductive Biology*, 146, 76-80.

Harvey, A. T., Hitchcock, C. L., & Prior, J. C. (2009). Ovulation disturbances and mood across the menstrual cycles of healthy women. *Journal of Psychosomatic Obstetrics and Gynecology*, 30(4), 207-214.

Hitchcock, C. L., & Prior, J. C. (2009). Parity and Subfertility Effects of Continuous Oral Contraceptives on Fertility Are Important [letter]. *Fertility and Sterility*, 92(4), e47.

Kalyan, S., Hitchcock, C. L., Sirrs, S., Pudek, M., & Prior, J. C. (in press). Cardiovascular and metabolic effects of

medroxyprogesterone acetate versus conjugated equine estrogen: A one-year randomized double-blind trial following premenopausal hysterectomy with bilateral ovariectomy. *Pharmacotherapy*. To appear in 2010.

Marks, M., Hitchcock, C. L., Sathi, P., & Prior, J. C. (2010). Community Pharmacists' Therapeutic Recommendations for Menstruating Women. *Canadian Pharmacists' Journal*, 143, 88-95.

◆ Following from her presentation of short films related to menstruation at the Spokane conference, Giovanna Chesler has been blogging about these films and more on the re:Cycling blog in a series called Blood on Screen. She recently released a short fiction film on bisexuality and marriage titled *Bye Bi Love* (see trailer and more info at <http://www.g6pictures.com>.)

◆ On March 2, 2010, David Linton, Professor of Communication Arts at Marymount Manhattan College, was the featured speaker for Women's History Month at Slippery Rock University in Pennsylvania. His illustrated talk about the history of menstrual product advertising and the presence of men in the ads was an updated version of material he had previously presented at an SMCR conference, "What's With the Men in Menstrual Product Advertising?"

◆ **The Red Web Foundation Embraces the Cycles of Womanhood** by Anna Yang

On March 6<sup>th</sup> the Red Web Foundation held its 2<sup>nd</sup> Annual International Women's Day Celebration: *Embracing the Cycles of*

*Womanhood.* This year it was bilingual, Spanish/English. It was an afternoon to affirm and celebrate our woman body and gain information about the innate wisdom and rhythm within the menstrual cycle in an experiential setting.

To create a safe, comfortable, welcoming learning environment we had special art work on the walls, put the chairs in circle with a line of twisted red cloth and flowers behind the chairs. There was a bilingual resources table, a table with a beautiful altar honoring the different phases of womanhood, and plenty of food. We used red yarn to signify a connection to the lineage of all bleeding women and salsa dancing to honor our moving glorious hips.

Ashley Ross, creator of Reddy's cloth pads and student of SMCR member Geraldine Matus, was the presenter. Her talk "Yes I AM Hormonal" included feeling the different phases of the menstrual cycle through using different types of music, which made her in depth PowerPoint information about the cycle very accessible.

We had an age range of 13 to 61 and half of the women/girls were bilingual.

The main surprise to us was that the women stayed for almost an hour after the event ended, eating, asking questions, looking at the resources and sharing stories.

[Our new blog about menstruation and women's health:](#)

[re:Cycling](#)

## **President's Message cont. from page 1** by Elizabeth Kissling

Your board of directors is making a few other changes as well. Peggy Moloney's resignation as secretary-treasurer has lead us to make the decision to split the secretary-treasurer position into two roles to make the workload more manageable as our organization grows. Current board member Laura Wershler has been appointed as secretary, and Alexandra Jacoby has accepted the office of Treasurer. We have also appointed David Linton as newsletter editor, and he has therefore joined the board.

My primary goal as your new president is to work to increase the visibility of our organization so that we can better achieve our mission "to be the source of guidance, expertise, and ethical considerations for researchers, practitioners, policy makers and funding resources interested in the menstrual cycle." To that end, I have initiated a couple of projects. As I hope you're already aware, one of those projects is our new blog about menstruation and women's health, **re:Cycling** [online [menstruationresearch.org/blog](http://menstruationresearch.org/blog)]. I am also developing a press kit to add to our web site. In addition to basic information about the Society and a fact sheet about the menstrual cycle, this will contain a directory of experts who can talk to reporters (and other inquirers) about various aspects of the menstrual cycle and women's health. For example, in the last few months I have fielded inquiries about the environmental impacts of femcare products, cross-cultural perspectives on menstruation, MRKH syndrome, health issues that affect menstrual flow, tampon safety, and the relationship between the menstrual cycle and tachycardia. I would like to be able to refer these people directly to someone in SMCR with appropriate expertise, rather than sending urgent queries to our electronic mailing list in hopes of locating someone

before the journalist's deadline. A directory of our experts would help reporters to cover our issues with greater accuracy, as well as help board members respond to such queries more quickly and easily.

I need your help to do this. If you are willing to respond to media queries in your area(s) of expertise, please let me know! I need to have your name as you would like it to be listed, affiliation if appropriate, email address, telephone number, and what subject areas you are willing to discuss. ***Please send me this information by June 15, 2010.***

I welcome other suggestions for this press kit, and more of your ideas to increase the visibility of both our organization and the role of the menstrual cycle in women's health.

Elizabeth Kissling, Ph.D.  
March 2010

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## Membership Committee Update

by Giovanna Chesler

The membership committee of SMCR needs your help! We seek to boost the membership for our organization in advance of the 2011 Conference. In addition, we wish to diversify our membership as to maintain representation across disciplines.

During the summer of 2010, we will circulate a web-based questionnaire to identify the current makeup of our organization and to gauge the reasons why members are members. We will ask you what you value in SMCR and what keeps you involved. We will use this information to identify areas for growth in our membership as we are devoted

to maintaining an interdisciplinary research organization.

Further, we are developing promotional materials and will need your help in spreading the work about SMCR to your colleagues, friends and cohorts in your various disciplines and areas of action.

Christine Hitchcock, working with web development team Raised Eyebrow, is creating a secure, web based area for membership information. This tool will allow members to update their information online and pay dues online.

The membership committee is chaired by Giovanna Chesler ([gchesler@mmm.edu](mailto:gchesler@mmm.edu)) and led by Christine Hitchcock, David Linton, and Ingrid Johnston-Robledo. If you have questions or want to get involved, please contact Giovanna.



## Save the Date: SMCR Returns to Pittsburgh in 2011

by Peggy Stubbs

**Embodied Consciousness, Informed Choices: Critical Perspectives on the Menstrual Cycle.**

Save the Dates: June 2-4, 2011. The 19th Biennial Meeting of the Society for Menstrual Cycle Research will be hosted in Pittsburgh's East End at the Woodland Road campus of Chatham University.

Minutes from downtown Pittsburgh, the Woodland Road location includes historic structures – such as the c.1861 Howe-Childs Gate House – and modern amenities, including the Science Complex and the Athletic and Fitness Center. With elements designed for the original Andrew Mellon estate by the renowned Olmsted Brothers, the Chatham University campus is one of the most idyllic locations in the City of Pittsburgh. Designated an arboretum in 1998 by the American Association of Botanical Gardens and Arboreta (now known as the American Public Garden Association), this 39-acre campus features 125 different varieties of species, including Japanese Flowering Crabapple, River Birch and Kentucky Coffee Trees. The arboretum provides an inviting place to stroll or mediate. The planning committee is committed to expanding conference attendance in the most cost-effective way possible. Towards that end, we are planning to provide two options for housing. Attendees can take advantage of lower cost dormitory housing on campus. In addition, a block of rooms at the nearby Courtyard Marriott (shuttle service to campus provided) will also be available.

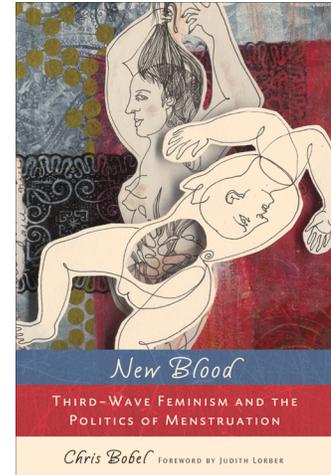
The conference theme, Embodied Consciousness, Informed Choices: Critical Perspectives on the Menstrual Cycle, offers a stimulating opportunity to explore a variety of perspectives on the menstrual cycle. Watch for a more detailed call for proposals in the early fall of 2010. We'll be asking for your help as reviewers too!

Please come, present your work, and invite colleagues to do likewise to help us boost our membership and scholarship! For more information, contact Peggy Stubbs, [mstubbs@chatham.edu](mailto:mstubbs@chatham.edu)

## New from SMCR Members

◆ *New Blood* by Chris Bobel

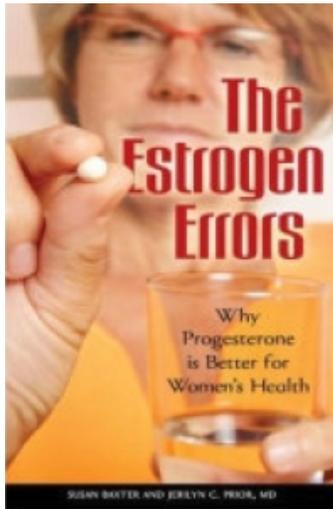
*New Blood* offers a fresh interdisciplinary look at feminism-in-flux. For over three decades, menstrual activists have questioned the safety and necessity of feminine care products while contesting menstruation as a deeply entrenched



taboo. Chris Bobel shows how a little-known yet enduring force in the feminist health, environmental, and consumer rights movements lays bare tensions between second- and third-wave feminisms and reveals a complicated story of continuity and change within the women's movement.

Through her critical ethnographic lens, Bobel focuses on debates central to feminist thought (including the utility of the category "gender") and challenges to building an inclusive feminist movement. Filled with personal narratives, playful visuals, and original humor, *New Blood* reveals middle-aged progressives communing in Red Tents, urban punks and artists "culture jamming" commercial menstrual products in their zines and sketch comedy, queer anarchists practicing DIY health care, African American health educators espousing "holistic womb health," and hopeful mothers refusing to pass on the shame to their pubescent daughters. With verve and conviction, Bobel illuminates today's feminism-on-the-ground – indisputably vibrant, contentious, and ever-dynamic.

◆ *The Estrogen Errors: Why Progesterone is Better for Women's Health* by Jerilynn Prior



In this revealing work, a medical writer and an internationally-known physician team up to explain the controversy over *m e d i c i n e p r e s c r i b i n g* estrogen for perimenopausal women in North America, and to detail why progesterone is actually a far more effective, and a far less risk-ridden, approach. Citing long-standing and emerging research, patient vignettes, and personal experience, endocrinologist Jerilynn Prior and writer Susan Baxter tell us how false beliefs on estrogen became entrenched in North American medicine and culture, and why business and politics have played a role in this erroneous thinking.

Like most women in Europe, Prior's patients find progesterone the key to dealing with a life cycle transition that, contrary to Western medicine, these authors do not see as a disease. Challenging medical orthodoxy, this work presents arguments and evidence both women and doctors will find compelling and useful.

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## **From Our Outgoing Newsletter** **Editor, Paula Derry**

When I started as editor, we had a paper newsletter that was sent out via snail mail. A

transition to an electronic version seemed like a large, even controversial, decision. The Board moved slowly, eliciting opinions of the membership, discussing pros and cons. Some members had strong feelings about continuing to get a paper copy or about it being unnecessary to do so. I had mixed feelings. It would be a lot less work if I didn't have to attach stamps and address labels, but I wondered whether electronic communications are read as carefully as print. In a few short years, SMCR's relationship to the web has changed dramatically. It is still the case that any member of SMCR who prefers getting a paper copy is welcome to do so and should make his or her preference known to David Linton. However, the society makes much greater use of the internet, through the listserv, more active use of the SMCR website, and the blog--and the whole idea of a web-based newsletter seems more sensible everyday.

What hasn't changed is the purpose of the newsletter. The newsletter is a vehicle for communication among members of the society, and encouraging this communication was my primary focus as editor. All members are encouraged to submit news about their activities such as papers written or jobs accepted; to write longer articles describing their work; to submit articles about topics of interest or book reviews; to let other members know about upcoming conferences or other interesting events; to report on interesting conferences that have occurred, about interesting websites, and so on.

The newsletter is also a record of the history of SMCR, with biographies of key members and summaries of activities at the biennial conferences, as well as alerting members to upcoming and ongoing activities like upcoming conferences or progress made on SMCR publications.

I have enjoyed being newsletter editor, but have stepped down because my interests have shifted and my time is increasingly committed to other activities and projects. I am happy to leave the newsletter in the capable hands of David Linton and Alexandra Jacoby. I am happy to support them in whatever way they find useful and also look forward to seeing in what direction they take the newsletter.

Paula Derry, Ph.D.  
[paula.derry@gmail.com](mailto:paula.derry@gmail.com)

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## From Our Incoming Editor, David Linton

I am honored to have been asked to take responsibility for editing the SMCR newsletter, especially following in the footsteps of Paula Derry who preceded me so ably in the role. Paula set a standard I'll be hard pressed to live up to though she has made the transition easier by the valuable advice and guidance she has provided. And, the job has been made even more manageable by Alexandra Jacoby's willingness to share the load, especially in the area of layout and design. The attractive new web based style is thanks to her creative imagination.

To some extent, as the entire publishing industry has discovered, a print-based newsletter is increasingly anachronistic. That is one of the reasons the Society has decided to move in the direction of internet distribution, though any SMCR member who prefers to receive a paper copy will continue to do so. Web distribution will enable us to distribute the newsletter more efficiently and cheaply and (perhaps!) even more frequently.

The newsletter is not intended to duplicate or compete with the SMCR blog, re:Cycling. As Paula points out in her remarks elsewhere in this edition, the newsletter is intended to report on activities of the membership as well as news and views of interest to the SMCR.

As some readers may recall, the newsletter was originally titled re:Cycling, a name that has now been ceded to the Society's blog. That leaves us momentarily nameless, an opportunity to engage the creativity of all of us. Therefore, here's a challenge: GIVE IT A NAME! Several suggestions have already been run up the flag pole (mostly by undergraduates aspiring to be advertising copy writers), but none has yet been deemed worthy of a salute: "Periodically Speaking" (too cumbersome), "the Cyclical" (too Papal), "Periodicity" (too obscure), "The Cycle" (maybe?).

Nominations for a name for the newsletter are warmly invited. All suggestions will be reviewed by the SMCR Board and, hopefully, we'll have a naming ceremony in time for the next edition early in the Fall. Send your suggestions to David Linton, [dlinton@mmm.edu](mailto:dlinton@mmm.edu).

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## About The Blog – Widening The Circle by David Linton

One of the most important new venues for doing the SMCR's work of promoting a greater understanding of the nature of the menstrual cycle, both its biological workings and as a social construction, is on the Society's blog, re:Cycling. I am continuously impressed by the rich variety of material that appears on the site and it has been a great source of satisfaction for me to post an

occasional contribution myself. The blog has immense potential to promote the Society's mission and to build membership and credibility. We can all help to see to it that the blog has a wider circulation and gains a wider readership if we take some simple steps to raise awareness. Here are a few things most of us can do:

- Are you on Facebook? Post a notice on your page about this fabulous, informative and entertaining blog you've been visiting. Be sure to paste in the url and from time to time when a new post grabs your attention, paste it in and tell your Facebook "friends" why you think it's worth looking at.
- Are you on Twitter? The same practice as above applies and is even easier. For instance, paste in the links to your favorite videos. Surely everyone you know wants to see the funny video parody of the vampire movie fad or the Period Fairy.
- If you teach a course in gender, women studies, communication, health, etc., put the blog info on your syllabus. By now there's enough rich material on the blog that you could build an entire course around it. Assign your students to become familiar with the blog and even respond to some of the postings.
- Are you on a listserv for some other professional or academic organization? Share the blog url. Even if your colleagues don't teach courses or do research that directly involves cycle studies, scholars and professors in many fields would find the material of value.
- Do you attend or present at other professional organizations? Include mention of re:Cycling at your panel or workshop.
- Link the blog or specific posts to other online discussions; for instance, when

commenting at [Feministing.com](http://Feministing.com), [WomensRights.Change.org](http://WomensRights.Change.org), and any discussion of women's health or menstruation where our work might be relevant. In some cases, it might be a link to the SMCR main site, just to point out that we exist.

- The design of the blog makes it easy to share items. At the bottom of each post, there is a series of buttons:



Clicking allows one to share the post on the most popular social networks: Twitter, Plurk, Buzz, del.icio.us, Digg, Facebook, MySpace, Reddit, and StumbleUpon.

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### **An opportunity for someone who reads Italian**

In late December, Elizabeth Kissling received a monograph from Valentina Maistrello and a letter asking for it to be reviewed in the next newsletter. The monograph is titled "La Tecnologia delle Mestruazioni" and it's published by Scuola Elementale di Arte Ostetrica. It is Ms. Maistrello's thesis in Cultural Anthropology and Ethnology from University of Bologna. Liz does not read Italian, but suggested that we announce it for those who do. And, here's an opportunity for someone who reads Italian to review it for the next newsletter. Contact Liz for a copy.

## SMCR Board Members 2009-2011

**President – Elizabeth A. Kissling** - Professor of Communication Studies and Women's and Gender Studies at Eastern Washington University. [ekissling@ewu.edu](mailto:ekissling@ewu.edu)

**Judith Berg (2013)** - Associate Professor of Nursing at University of Arizona. [jberg@nursing.arizona.edu](mailto:jberg@nursing.arizona.edu)

**Chris Bobel (Appointed-Menstrual Activist)** - Associate Professor of Women's Studies at University of Massachusetts-Boston. [chris.bobel@umb.edu](mailto:chris.bobel@umb.edu)

**Giovanna Chesler (2013) (Membership Committee Chair)** - filmmaker, media producer, and Assistant Professor of Communication Arts at Marymount Manhattan College. [gchesler@mmm.edu](mailto:gchesler@mmm.edu)

**Joan Chrisler (2011)** - Professor of Psychology at Connecticut College. [jcchr@conncoll.edu](mailto:jcchr@conncoll.edu)

**Paula S. Derry (2015)** - health psychologist working in a broad range of areas pertaining to the biology and psychosocial aspects of menopause. [paula.derry@gmail.com](mailto:paula.derry@gmail.com)

**Heather Dillaway (2013)** - Assistant Professor of Sociology at Wayne State University. [dillaway@wayne.edu](mailto:dillaway@wayne.edu)

**Mindy J. Erchull (2015)** - Assistant Professor of Psychology at the University of Mary Washington in Virginia. [merchull@umw.edu](mailto:merchull@umw.edu)

**Christine Hitchcock (2011)** – Clinical Assistant Professor in the School of Population and Public Health at the University of British Columbia. [chris.hitchcock@shaw.ca](mailto:chris.hitchcock@shaw.ca)

**Alexandra Jacoby (2015) (Treasurer)** - artist and creator of [vagina vérité®](http://vagina.verite.com) [alexandra@leavethecastle.com](mailto:alexandra@leavethecastle.com)

**Ingrid Johnston-Robeldo (2011)** - Associate Professor of Psychology and Director of Women's Studies at SUNY Fredonia. [Ingrid.Johnston-Robledo@fredonia.edu](mailto:Ingrid.Johnston-Robledo@fredonia.edu)

**David Linton (Appointed-Newsletter Editor)** - Professor of Communication Arts at Marymount Manhattan College. [dlinton@mmm.edu](mailto:dlinton@mmm.edu)

**Maria Luisa Marván (2013)** - Researcher at the Institute of Psychological Research, Universidad Veracruzana. [mlmarvan@gmail.com](mailto:mlmarvan@gmail.com)

**Margaret (Peggy) Moloney** - Associate Professor of Nursing at Georgia State University. [mmoloney@gsu.edu](mailto:mmoloney@gsu.edu)

**Jerilynn Prior (Past President)** - Professor of Endocrinology at the University of British Columbia and Scientific Director of the new Centre for Menstrual Cycle and Ovulation Research. [jprior@vanhosp.bc.ca](mailto:jprior@vanhosp.bc.ca)

**Margaret L. (Peggy) Stubbs (2011)** - Professor of Psychology at Chatham University in Pittsburgh PA. [mstubbs@chatham.edu](mailto:mstubbs@chatham.edu)

**Laura Wershler (2015) (Secretary)** - Executive Director of Sexual Health Access Alberta (formerly Planned Parenthood Alberta). [lauraw@sexualhealthaccess.org](mailto:lauraw@sexualhealthaccess.org)

Submission Deadline for next edition:  
September 15, 2010