



Society for
Menstrual
Cycle
Research

FALL, 2012
SMCR NEWS

Update from the Board of Directors

Since the publication of the last newsletter, SMCR board members have been busy with various projects, some of which will be reported in more detail later in this newsletter. Chief among these has been planning for the 2013 conference. You have all seen the call for papers, which features our first Making Menstruation Matter award to Gloria Steinem, and promises an exciting keynote address from Jane Ussher. Behind the scenes work has involved continued work on refining SMCR policies with respect to fundraising and budgeting and website updates to facilitate a smooth implementation of the conference. The program committee is eagerly awaiting your submissions!

In addition, the board agreed that SMCR would become a sponsor for an exciting conference *Selling Sickness: People Before Profits* to be held February 20 – 22 in Washington DC. As described on the website this conference

“will bring together academic medical reformers, consumer activists, and health journalists to examine the current scope of disease mongering and to develop strategies and coalitions for change. Topics will include misleading marketing, journalistic standards, over-treatment, over-diagnosis, whistleblowers, new roles for advocates, pharmacovigilance, clinical trials, activist narratives, new conflict of interest areas, evidence-based screening, igniting citizen outrage, and more.”

Our sponsorship affords the Society an opportunity for more visibility, both in publicity materials and also by providing information about SMCR at a booth in the conference exhibit hall. I would like to provide a list of your important work, a bibliography of sorts, as a handout to this conference. Please email me citations you would like to have included (mstubbs@chatham.edu). I would also be happy to take a display copy of any books you have authored or co-authored (I will return them!) for our display.

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PRESENT YOUR WORK JUNE 6-8 2013 IN NYC @
Making Menstruation Matter

Update from the Board of Directors (cont.)

Finally, a number of people have submitted a proposal for a presentation that we hope will be accepted on “The medicalization of Menstruation.” For more information about the conference please go to <http://sellingsickness.com/>. Students and young activists are encouraged to attend so spread the word.

Other work has included Alexandra Jacoby’s diligent and *regular outreach to members with dues notices*. This is a new process which provides for a more direct approach that doesn’t depend solely on conference attendance (though we of course want that to be robust!) but rather ties the dues notice to your specific date of enrollment.

Kudos to our bloggers who have been steadfastly contributing commentary and to Joan Chrisler who has submitted a proposal for an *SMCR edited journal*. Both efforts are crucial to increased visibility for the work that all SMCR members are doing.

Here is hoping that you are having a productive and enjoyable fall. Looking forward to seeing you in June, 2013.

Respectfully,
Peggy Stubbs, President



NYC in June!

A community of like-minded people!

Cutting edge research, innovative clinical approaches and activist interventions, poetry, comedy, food and drink, awards, film screenings and more!

This is the the 20th biennial meeting of SMCR!

Making Menstruation Matter

Held at Marymount Manhattan College (on Manhattan’s Upper East Side) on June 6-8, 2013, the theme is “Making Menstruation Matter: Translating Our Knowledge into Action.” The conference committee [Peggy Stubbs (President), Ingrid Johnston-Robledo (President-elect), Chris Bobel (Program Chair), David Linton & Alexandra Jacoby (Lead local organizers), Evelina Sterling, and Nancy Reame] has been meeting via monthly conference call to assemble a diverse and engaging slate of activities for conference attendees. The Call for Papers (<http://menstruationresearch.org/2013-conference/>) is being distributed widely to SMCR members, sister organizations, special issue contributors, and individuals working in the NYC area on

women's health/menstruation issues within academic, healthcare, educational, creative, and social justice domains (and we urge everyone to share the call widely!) Our goal for this conference is to facilitate the exchange of information and ideas about the multiple ways menstruation matters for the health, body literacy, well-being, sexuality, and status of girls and women. With our location in the NYC area, we hope to reach beyond the SMCR membership to broaden the conversation, grow our organization, and increase the visibility of this work. And we are hoping to offer CEUs for selected events.

Thus far, our conference highlights include:

- Appearance by feminist pioneer Gloria Steinem,
- The first recipient of SMCR's Making Menstruation Matter Award in recognition of her paradigm shifting, enduringly relevant essay "If Men Could Menstruate" originally published in *Ms.* magazine.
- Keynote by psychologist and SMCR Board Member Jane Ussher, entitled *The Madness of Women: Myth and Experience*
- Plenary on Public Health and the Menstrual Cycle: A variety of public health practitioners will discuss the neglect of the menstrual cycle by the public health community and share strategies for integrating it into women's health initiatives and prevention efforts.
- Plenary on Using Social Media to Promote Menstrual Literacy: Panelists will share ways they are using various forms of social media such as blogs and Twitter to increase the visibility of menstruation and broaden the reach of the Society.
- The World's 1st Ever Menstrual Poetry Slam (featuring seasoned slam poets and an open mic for the rest of us with something to say).
- Entertainment by Chella Quint, UK-based comedy writer, performer, artist, activist, zine editor, and health educator

by Ingrid Johnston-Robledo.



What's a Poetry Slam? And why are we hosting one?!?!

Readers will notice that a page in the newsletter and in conference information posted elsewhere mentions the fact that the 2013 SMCR Conference will include the First World Menstrual Poetry Slam. Some members have already asked, "So, what's a poetry slam, and how can I get in on the action?"

The general idea of a poetry slam started nearly thirty years ago and has grown into an annual competitive event with as many as 80 teams competing. Perhaps the intention of making it competitive and calling it a "slam" was an attempt to counter the wimpy image that poets and poetry have in the minds of some members of the macho side of American culture. Slams often

Making Menstruation Matter (cont.)

have a rough, even aggressive declamatory style far removed from the "daffodils on the hill" sort of tradition. But that's not quite what we have in mind.

Despite the well-known tendency to make menstruation a secret, unspeakable act, unsuitable for public mention, there have been a few poets who have brought the blood out of the closet and onto the printed page. We intend to pay tribute to those pioneers as well as giving new poets and all our members the opportunity to express themselves. So there will be an open mic portion of the closing-night gathering and everyone in the room will be invited to share words and energy by presenting original works or that of others who have had something poetic to say about the menstrual cycle. **SO DON'T BE SHY!** There will be no judges and no pressure; it's not a contest. It's a chance to put into words some thoughts about your take on the cycle. We'll provide more info as the event approaches.

By and About Our Members

VICTORIA JENNINGS

Research shows long-term effectiveness and continuation of the Standard Days Method® (SDM) of family planning

The Institute for Reproductive Health at Georgetown University, directed by SMCR member Victoria Jennings, recently published the article, "Continued Use of the Standard Days Method," in the July 2012 issue of the *Journal of Family Planning and Reproductive Health Care*. This article demonstrates that SDM is a viable longer-term method of family planning. Results show that women continue to use SDM over time, and the method remains effective in the second and third years of use.

SDM is a simple fertility awareness-based method of family planning based on the timing of ovulation, the functional life of the sperm and the ovum, and the resulting likelihood of pregnancy on particular days of the menstrual cycle. Appropriate for women who usually have menstrual cycles between 26 and 32 days long, the method identifies days 8 through 19 as the fertile days, which a woman can track using the visual tool, CycleBeads®. To prevent pregnancy, the couple avoids unprotected sex on the fertile days. SDM was developed by Dr. Jennings in 2002.

(Full link above: <http://jfprhc.bmj.com/content/38/3/150.abstract>)

Fertility Awareness for Youth

The Institute for Reproductive Health (IRH) also released the second edition of the My Changing Body curriculum in English, French and Spanish. The curriculum, targeted at very young

By and About Our Members (cont.)

adolescents (10-14), provides information about puberty through activity and discussion-based sessions. This 2nd edition also includes *My Changing Body for Parents*, which assists parents in creating a safe space to talk with youth about issues of puberty, gender and sexuality and promotes the development of communication skills and behaviors to facilitate better discussions between parents and children. IRH is currently developing and testing a *CycleBeads* brochure specifically directed at youth to teach them about their fertility and menstrual cycle. The brochure will help facilitate adult-to-youth and peer-to-peer communication at this challenging age.



ASHLEY ROSS

announcing an online program

Are the Midlife Hormonal Crazyies Getting You Down?

Let's face it, it is easy to go along with the common belief that menopause is a confusing set of symptoms that need fixing. Ashley Ross and Karen Clothier are presenting the ground-breaking **Menopausal Mojo Teleseminar** to provide a refreshing, new look to guide you to a juicy second half of life. Myths will be shattered, your moodswings will become your allies, and your body will lead you to the sweet, perfumed garden of your Wild, Wise Self.

Don't believe your best years are behind you! Join them to step full-throttle, no apologies into the luscious life you KNOW you were meant to live. [Click here](#) to learn more and receive free instant access.



CHELLA QUINT

Adventures in Menstruating: This Time It's Personal

In a world where skirts are white, blood is blue, and Mother Nature is a menace to society, one woman has made it her mission to deconstruct feminine hygiene advertising with wit, irony or by any means necessary. Join comedy wordsmith Chella Quint for *Adventures in Menstruating: This time, it's personal*. You'll laugh. You'll cry. You'll menstruate.* Coming next June to an SMCR conference near you.**

*Unless you don't. In which case, you won't.

**It will be near you if you are in New York. Otherwise it will be very far away from you.

By and About Our Members, cont.

Bio:

Chella Quint is a comedy writer, performer, artist, activist, zine editor, and health educator originally from Brooklyn, but now she lives in Sheffield, England. Sheffield is almost exactly like Brooklyn - she promises.

Chella has been writing and touring a comedy roadshow based on her adbusting zine, *Adventures in Menstruating*, since July 2005, which she has retrospectively declared the Summer of Blood. She'll stop touring once femcare advertisers stop using shame to sell (check out her TEDx talk <<http://bit.ly/periodpositive>> .

When she's not taking apart euphemisms for sport, she researches links between media literacy and self esteem in middle schoolers. Chella's poem, "To the Leaking Girl", appears in the *Women's Studies: An Interdisciplinary Journal's* special Issue on Representations of the Menstrual Cycle (2011), her comic essay, "Getting Civilized", appears in the book *Here Come the Brides: Reflections on Lesbian Love and Marriage* (Seal Press, March 2012), and she most recently contributed a poem and stencil to *Cathechism: Poems for Pussy Riot* for English PEN.

In her free time, Chella is an advocate for outer space <<http://bit.ly/p1ut0>> and public libraries <<http://nowthenmagazine.com/issue-54/libraries/>>.

More on Chella Quint at <http://www.chellaquint.com>



INGRID JOHNSTON-ROBLEDO

Peggy Stubbs and I had another wonderful opportunity to collaborate this summer.

We completed an annotated bibliography on menstruation for the Childhood Series of the Oxford Bibliographies Online resource, published by Oxford University Press. This contains over 100 references on a wide variety of topics such as preparation for menarche, attitudes, cultural representations, body image, sexuality, menstrual suppression, and menstruation among girls with special needs.

Our chapter, "Kiddy Thongs and Menstrual Pads: The sexualization of girls and early menstrual life" was published recently in the book, *The Sexualization of Girls and Girlhood: Causes, Consequences, and Resistance*. This collection, also published by Oxford Press, was co-edited by SMCR Board member **Tomi-Ann Roberts**.

By and About Our Members (cont.)

This chapter is the first to explore the complex relationship between menstruation and the sexualization of girls. We are also nearing the end of the road with the special issue of *Sex Roles* entitled Positioning Periods: Menstruation in Social Context.

The issue, which includes articles by both SMCR members and non-members and a reflective piece by one of the Society's founders, **Alice Dan**, should be published in January of 2013. This special issue of *Sex Roles*, like the many others the Society has published over the past 10+ years, makes visible the important work of many members.

We anticipate special issues to emerge from the papers presented at the meeting in 2013. By then we may also have feedback from an interested publisher on the proposal to develop a scholarly journal sponsored by the Society.



The Society's **re:Cycling** Facebook page — do you **like** it?



Check it out here. < <http://www.facebook.com/pages/reCycling/364690759431?fref=ts> >

By and About Our Members (cont.)

MEGAN MUKURIA

My social enterprise, **ZanaAfrica**, makes pads, delivers health education, and influences policy around gender and menstruation in Kenya to welcome girls into womanhood with confidence and dignity and unleash their potential to break the cycle of poverty for women.

Earlier this year we launched an iPad art video with 100 girls in Kibera, Nairobi, as the design team to talk about how pads and health education keep girls in school and help them attain their dreams. This is a first for girls in the slums to use iPads as a tool for visual expression, and we want to hear what you think about it.



To watch their story, click here: <http://bit.ly/H6SHPY>.

As part of our holistic solution to deliver pads and health education across East Africa, we've just launched a mobile app to coordinate distribution of pads in schools across Kenya (downloadable from our website, <http://www.zanaafrica.org>).

If you want to hear more about our solution, I was selected as a PopTech Social Innovation Fellow last fall, and had a great chance to talk about our work (<http://bit.ly/ztLhke>).

We have an iPads and Pads drive, so if you know people who want to donate an iPad and get a tax deduction, I'm your woman: megan@zanaafrica.org.



By and About Our Members (cont.)

JOSEFIN PERSDOTTIR

I've got some wonderful news for me personally that I would like to share with the organization.

I've gone and quit my day job. Since Friday (21st of September) I am a full time menstrual activist, one could say.

My activism will be twofold in the coming year:

1. I begin by going back to university to write my masters thesis which will revolve around menstrual activism in Europe.

2. In parallel I am starting a CSO for menstrual issues. The CSO will begin locally and focus on Sweden, but I hope and believe that it will grow to be a larger organization much like the SMCR, but with the core focus on information sharing to the european public rather than research/researchers. I also think that the researchers and activists in the european countries might need an organization that unites/collects and strengthens them; work with advocacy and information within the european structures and institutions; and creates european forums for information sharing etc. From my research I have not been able to find any such existing organization, but I might be wrong. Right now I'm writing several letters to possible funders etc.

So now I am on the lookout for any interested institutions and persons in Europe potentially interested in joining the organization in some way; and any menstrual activists interested in being subjects of my thesis.

Any info on similar organizations in Europe is naturally also very welcomed.

With butterflies in the stomach,

Josefin Persdotter
Menstrual Activist



By and About Our Members (cont.)

JERILYNN PRIOR

The Centre for Menstrual Cycle and Ovulation Research (CeMCOR) is 10 years young!

In the first 10 years CeMCOR's major achievement is the completion and publication of the first randomized controlled trial showing that oral micronized progesterone is effective therapy for hot flushes and night sweats. This was published in *Menopause* (2012 Aug;19(8):886-93). This trial was funded entirely with donations. An additional achievement, although less directly related to CeMCOR, is the significant decrease in hysterectomy rates in British Columbia. The CeMCOR website 'heavy flow' article is the first result on Google when women look for information on this topic. We emphasize that over-the-counter ibuprofen one pill every 4-6 hours decreases heavy flow by a quarter to a half.

In the next five years CeMCOR plans to increase research and knowledge translation focus for younger women. In particular, before CeMCOR's major hypothesis can be scientifically tested--that silent ovulatory disturbances in normal length cycles are the major unexplored risk factor for postmenopausal osteoporosis, heart disease and breast cancer--we must develop a cheap, simple single test per cycle to assess ovulation. We have an idea and are in the process of its exploration.

On the evening of May 31st 2012 the Centre for Menstrual Cycle and Ovulation Research celebrated her 10th anniversary at Vancouver's Heritage Hall with about 50 friends, supporters and colleagues.

Guided by Mistress of Ceremonies Mavis Dixon, the evening was highlighted by the music of Jane Leroux and Barbara Baird. There were kind words of recognition, appreciation and congratulations from representatives of the University of British Columbia, Vancouver Coastal Health, the Canadian Institutes for Health Research, community and friends.

The common theme among the speakers was CeMCOR's strength - not just in research but in knowledge translation - she has been instrumental in getting information to the women who need it.

The evening was a great opportunity to acknowledge achievements, reconnect with past partners and collaborators as well as form strong new connections. We look forward to more innovative research, expanding CeMCOR's reach and securing her continued success.

Jerilynn Prior
Scientific Director



By and About Our Members (cont.)

KATI BICKNELL

Hi everyone!

I'm happy to say that in the months that have passed since the last newsletter we have been hard at work making fertility charting using the Symptothermal Method easier and more convenient. Our Kindara app launched in May, and we now have over 5,000 weekly users.

Last month Kindara got its first top ten feature on iTunes! We were listed at #6 in the "Medical > What's Hot" section. Downloads went up 80% in less than 24 hours.

In June we returned home from China, and are now living in beautiful Boulder, Colorado, where Kindara has been getting lots of attention.

In September Kindara was voted Best Startup at Boulder Beta. Our five-foot fertility chart game had the crowd curious, amused and engaged. It was great to see so many people openly discussing menstrual cycles, while they deciphered the charts.

We were also one of 5 companies selected to pitch at The Open Angel Forum in Boulder. It was a great experience, and we got lots of interest from qualified investors.

I was interviewed for Reproductive Health Reality Check about being a female start-up founder, and we were mentioned in the New York Times twice!

And we launched V1.7 of the app, with some great new features, which our users love.

Here's a small sample of what they are saying:

★★★★★ "Awesome app!!! - I started using this app to chart my cycle and have been blown away by how intuitive and user friendly it is. I really look forward to using it each day to track my cycle and what's happening, and I feel like I am learning so much each month. The graph feature is so great; very easy to read and entering the data for each day is a breeze. Great for beginners or experienced!! Highly recommend this and I have told several friends about it! :) The blog provides a lot of great information as well." - GAtech25, Sep 12th, 2012

★★★★★ "Great app - This app is so user friendly and helpful if you are trying to understand your cycle. I love that you can ask questions and someone gets back to you right away. Highly recommend!" - Leah Jane, Sep 12 2012

★★★★★ "Awesome - I was hoping to find something like this so I could say goodbye to my

By and About Our Members (cont.)

paper charts. This app has exceeded my expectations! Kindara makes logging my temp each morning easy and fun. Highly recommended!" - Baby Wishes, Sep 16 2012

Thanks for your continued interest and support! If any of you have ideas for collaboration, Please get in touch.

Kati Bicknell
Co-Founder of Kindara
kati@kindara.com
Twitter: @kindara_inc



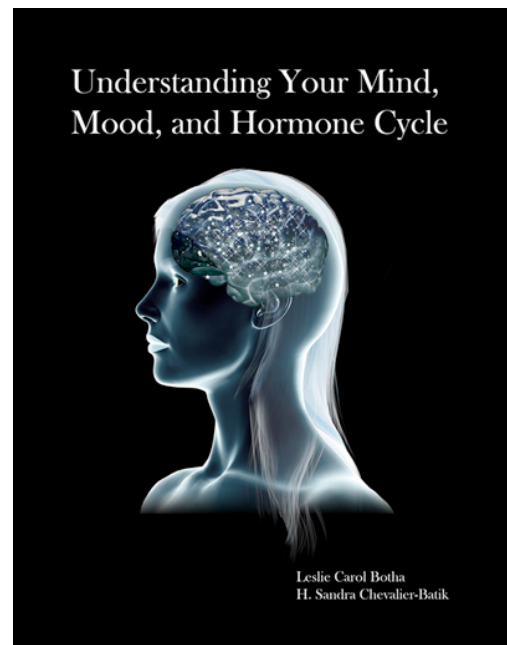
LESLIE BOTHA

Understanding Your Mind, Mood, and Hormone Cycle

Understanding Your Mind, Mood, and Hormone Cycle, co-authored by Leslie Carol Botha and H. Sandra Chevalier-Batik is the product of a nine-year research, analysis, writing and publishing project. The book represents the authors' shared passion and unified purpose to make information available about how the female hormone cycle affects women's mind, body and spirit and is available for women and girls and those who care for them. The book offers women practical, menstrual health education and focuses on the very essence of a woman's being; the fundamental nature of the female hormone cycle.

This book is dedicated to the women who want to understand the intimate relationship between their hormone cycle and its impact on their thoughts and feelings in their everyday activities. It is filled with common sense information, structured to provide a deeper appreciation of the power women can exercise over their life by simply learning about, understanding, and acknowledging their cyclical hormonal changes.

Using the tools and information provided in this book, women can learn to perceive symptoms as biometric feedback from their bodies about their diet, lifestyle and the state of their mental, emotional, and spiritual health. These symptoms are the manifestations for conditions such as:



hormone imbalances, depression, mental confusion, exhaustion, autoimmune disorders, allergies, and reproductive disorders. The purpose of this book, and the basis of our research, is to help women tap into the magnificent intelligence of our body and interpret its profound language to finally understand the connection between our mind, mood and hormone cycle.

Link to Holy Hormone Book Store: <http://bit.ly/Sf0Vcq>

Understanding Your Mind, Mood, and Hormone Cycle will be available in hard cover on Amazon in 2013.



Scholarship Appeal for SMCR 2013 Conference

by Peggy Stubbs

As many of you know, SMCR has offered some scholarship funding to help students and young professional attend our conferences. While we do reach out to large organizations to provide donations for scholarship funding, we are extending that outreach to members.

You will see in the 2013 registration materials an opportunity to make a contribution to our scholarship capabilities.

Please consider donating what you can when you register to attend. Based on past experience, our ability to provide scholarship support has been limited, but you can be sure that the conference committee will make every effort to distribute scholarships widely.

Further information about how to apply for scholarship support will be included in the registration materials.

SAVE THE DATE JUNE 6-8 2013 SMCR IN NYC!
Making Menstruation Matter

[Spread the word.](#)

THE SOCIETY FOR MENSTRUAL CYCLE RESEARCH

ANNOUNCES

RED MOON HOWL

THE WORLD'S FIRST MENSTRUAL POETRY SLAM

Marymount Manhattan College



Friday, June 7, 2013

CALLING ALL:

**POETS, PERFORMERS
&**

MENSTRUAL ENTHUSIASTS

To "HOWL" & ROCK OUR OPEN MIC

FEATURING THE WORKS OF:

Sylvia Plath, Sharon Olds

Maria "Vida" Billini, Tony Chiarella & Others.

EDITOR'S NOTE

by David Linton

In the last issue, I wrote the following. It's still true: As readers may notice, the SMCR newsletter has gotten both longer and flashier recently due to the wonders of digital production and Internet distribution which allow us to not be so concerned about postage expenses and to fully utilize word processing technologies. But the heart of the newsletter, like the heart of the SMCR, exists in the contributions of our members. I continue to marvel at the range of activism, creativity and scholarship that issues from the pens, minds and souls of the SMCR collective endeavor.

The material in this issue of the newsletter captures only a fraction of what we're up to, which prompts me to mention one complaint: we don't boast enough! We need to do an even better job of notifying each other and the rest of the world of our achievements, our projects, our activism, and our teaching.

So, don't miss the next opportunity to share Put this date on your calendars now: **FEBRUARY 15, 2013**. That's the deadline for submission for the next issue of **SMCR News**.

Submission Deadline for next edition
of the SMCR News:

FEBRUARY 15, 2013

Member Dues, Data & Online

by Alexandra Jacoby

I'm pleased to announce that we've established a **Retiree Membership** category at a rate of \$10 for one year.

If you have any questions about dues, or your status, feel free to email me at info@menstruationresearch.org

Also, if anything's changed for you in the following areas, please email that to me as well, so that I may update your data record.

Your SMCR Member Info

- Name (First Middle Last):
- Credentials (PhD, RN, etc.):
- Street Address:
- Street Address 2:
- City:
- Province/State:
- Zip Code or Postal Code:
- Country:
- Work Phone:
- Home Phone:
- Fax:
- Primary Email:
- Secondary Email:
- Website:
- Affiliation/Organization: • Position/Title:
- Discipline:
- Research Interests:

For your reference, SMCR Membership details are available online [here](#).

[Alexandra Jacoby](#)

SMCR Treasurer

Our Members Online

If you haven't been to the SMCR website, lately, take a look at the [Our Members page](#), where we list member websites.

If you don't see your website listed, and you'd like it to be, please email the following to me at info@menstruationresearch.org

- your website's url
- the name of the site

Updates to the page will happen monthly, on or about the 15th of the month. Email your website info to me any time it changes.

Here's the link to the Our Members page: <http://menstruationresearch.org/about-the-society/our-members/> ◆◆◆

Our Board

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of the SMCR News:

FEBRUARY 15, 2013