



Society for Menstrual Cycle Research

## Fall 2013 Newsletter

This issue of the SMCR Newsletter focuses mostly on the June 2013 20th Biennial Conference as well as the usual notes on member activities and accomplishments. There is also news about the upcoming election of Board members and, though it's two years away, some forward-looking thoughts about future plans for our next gathering. In other words, we've tried to reflect the full range of the dynamic energy that characterizes the Society for Menstrual Cycle Research.



For the past two years I have had the privilege of editing this newsletter but it wouldn't have been possible without the outstanding cooperation and skill of Alexandra Jacoby who handled all of the production and layout details, a task far more daunting than my simple chore of soliciting submissions and some modest editing of copy. So I want to thank Alexandra for partnering with me in the endeavor. And, please join me in welcoming Linda Eder who has agreed to take up the layout and design responsibilities from Alexandra for this issue and into the future. Those of you who attended the June conference have already seen the high quality of Linda's work as she designed the program for the event, so we can look forward to future productions with confidence.

On another note: a while ago we requested some suggestions for a catchy name for the newsletter but received few suggestions. Let's try again. Any takers for "Going With The Flow" or simply "The Flow"? Any others come to mind?

Finally, though it's months away, please put on your calendars the deadline for the next edition of the SMCR news. We're aiming at a winter issue so January 15 seems like a reasonable target. By then SMCR members will certainly have amassed another long list of accomplishments worth sharing.

-David Linton, Newsletter Editor

### In this issue:

Notes from the Editor	1
President's Message	2-3
SMCR IN NYC	4
'13 Conference Awards	4-5
Call for Nominations MMM Award	5
2015 Conference	6
Presidential Reflections	7
The Moon and You	8
Social Media	9
By & About our Members	10
Membership Report	12
Board Elections	13

Submission Deadline  
for next edition  
of the SMCR News:

**JANUARY 15TH,  
2014**

## Ingrid Johnston-Robledo, SMCR President

It is such a privilege and an honor to serve as the next president of the Society for Menstrual Cycle Research. I remember as Joan Chrisler's graduate student in the early 1990s being so intrigued by a professional society dedicated to the menstrual cycle. It wasn't until 2000 that I was able to attend my first conference, which she organized in Avon, CT. Since then, I have been actively involved in the organization as a board member, namely serving as Program Chair, contributing to our position statement on menstrual suppression, co-editing the recent special issue of *Sex Roles*, and working with David Linton to coordinate the planning of our most recent conference at Marymount Manhattan College. When my dear friend and current president, Peggy Stubbs, passed me the bronze tampon, I was so full of pride. What a memorable menstrual moment that was for me! Peggy's dedication and contributions to the Society run deep and wide. I have learned a great deal from her through our work together over the last decade, and, as past-president, she continues to offer me advice, support, and her institutional memory. I am humbled to lead our organization, but am eager to serve a society that has contributed so much to my own professional success and identity. I trust that you have a similar experience with our unique organization or that your professional aspirations are grounded in this sense of the Society as a foundation. Our recent conference in NYC provided us with an opportunity to appreciate the energy that is created when a diverse group of researchers, clinicians, students, activists, and artists dedicated to making menstruation matter come together to share their work, plans, and ideas. Our perennial challenge is to find a way to harness and contribute to that energy in between conferences. It seems that two running and related themes in our recent history concern growing our membership and building coalitions with other sister organizations. These themes are reflected in the initiatives I outline below. As a member of our organization, I hope you feel as supported and inspired as I do. Please feel free to contact me if you would like to contribute to our work together.

1. We need to continue to expand our reach. Our work on the menstrual cycle interfaces with so many other facets of women's health, bodies, and sexuality. Are there new and promising ways to build networks, coalitions, and partnerships that will expand our capacity and increase our effectiveness as an organization? To this end, I would like to work together to develop a policy that will help us delineate various types of partnerships we can pursue.

## Ingrid Johnston-Robledo, SMCR President

2. We need to increase our membership. Mindy Erchull has assumed the role of Membership Coordinator for the Society. She is forming a committee of dedicated individuals who would like to contribute to our membership initiatives. One idea that was shared at our Board meeting was for current members to help make a case for membership by sharing their own very positive experiences of the Society. What form would this take?
3. We need to promote and contribute to our new journal. We are so grateful to Joan Chrisler for all the work she did to help us realize our goal of having our very own journal, *Women's Reproductive Health*, to be published by Routledge: Taylor & Francis Group. This international, interdisciplinary, feminist journal fills an important gap in the scholarly literature on women's health and will represent a significant benefit to our members. This journal will contribute to both our outreach and membership initiatives.
4. We need to continue to help people recognize how and why menstruation matters through our activist efforts. We are delighted to welcome to the Board our new Activist Coordinator: Breanne Fahs. She has many ideas for new activist projects and initiatives. One of many things I think we need to do is make our activist initiatives and resources more explicit on our website. I am also interested in broadening our activist work to include the role of menstrual matters in body politics and reproductive justice. You may remember from previous newsletters that another activist idea is to add an entry on the Society to Wikipedia, and modify related entries to reflect our woman-centered and scholarly perspectives on the cycle. This is also on our list of things to accomplish.
5. We need to increase access to our work through technology. We have discussed the possibility of developing a Task Force to explore ways to do this. Is anyone interested in serving on such a task force? We already have an active blog, a website, and a social media presence, thanks to many of our tech-savvy members. What resources can we bring to bear on these outlets to increase the visibility of our work and keep our media outreach up to date? We also have a youtube video of Gloria Steinem's Making Menstruation Matter Award Address, currently featured on the front page of our website. What other tools are available to help us increase the visibility of our work? Please consider ways you can contribute to all of these efforts.
6. We need to think about creative ways to acquire funds to support the operations of our Society and future conferences. We are a fiscally healthy organization but we are also a small organization with relatively low dues for our members. The vast majority of the funds we use to support our biennial conferences arise from our registration fees. If we were able to secure grants or larger donations, we could expand our conference activities confidently and pursue a wider range of projects. Peggy Stubbs recently helped us acquire a D-U-N-S number, which will allow the Society to apply for federal grants. She has generously agreed to lead our fundraising efforts. There are already plans underway to explore fundraising options for our next conference, which takes place in Boston, MA in June of 2015.



passing of the bronze tampon



# SMCR IN NYC

GLORIA STEINEM RECEIVES  
MAKING MENSTRUATION MATTER AWARD

KEYNOTE ADDRESS BY JANE USSHER:  
“THE MADNESS OF WOMEN”

TWO PLENARY PANELS

CHELLA QUINT'S “ADVENTURES IN  
MENSTRUATING”

24 PANELS, WORKSHOPS & PAPER SESSIONS

17 POSTER PRESENTATIONS

PASSING OF THE BRONZE TAMPON

TWO ARTISTS' DISPLAYS:  
JEN LEWIS – “BEAUTY IN BLOOD”  
SADIE MOHLER – “BLOOD ON PAPER”

All of the above and more packed into just 2½ days during the Society for Menstrual Cycle Research's 20<sup>th</sup> Biennial Conference at Marymount Manhattan College in New York City, June 6-8, 2013. Building on the steady growth generated by previous conferences, the blog site, and the increasing awareness of the importance of understanding the menstrual cycle, the 2013 conference was the largest in SMCR's 40 year history. And 2015 promises to be even grander. Check the preview of the Boston gathering elsewhere in this issue and stay tuned for further developments.

David Linton

## Ann Voda Lifetime Achievement Award



At our June conference, the Ann Voda Lifetime Achievement Award was given to **Phyllis Kernoff Mansfield**. This award is given by the SMCR Board of Directors to an individual researcher who has made an outstanding contribution to the field of menstrual cycle research. It is not given every year but at the discretion of the board to a deserving individual. Along with the recognition of career accomplishments is a modest cash award.

Phyllis is currently Professor Emeritus of Women's Studies and Health Education at Penn State University. Her work as menstrual cycle researcher has focused on the menopausal transition. She has been an author on a substantial number of papers about many aspects to the menopausal experience, including the staging of the menopausal transition, and older women's sexuality and body image. In addition, she worked closely with Ann Voda to continue the work of the Tremin Research Project, an ongoing and extensive longitudinal data set on menstruation and women's health, which began prior to 1940.

Phyllis is a long time member of SMCR, having served on the Board for many years. In addition she has served as a conference coordinator and also as a co-editor of several special issues of journals (e.g. Women & Health, Health Care for Women International, Women's Health Issues), providing wider access to the SMCR research work. Please join with us in congratulating Phyllis for her outstanding research career and her service to SMCR.

Thank you, Phyllis!

## Winners of the Student Research Prize

This year's recipient of the **Linda McKeever Award** was **Cécile Charlap**, a doctoral student at the University of Strasbourg. The title of her presentation was *"The last ones and the memory of them: Construction, representations, and experiences of the last periods before menopause."* When asked to reflect on her experience of having won the McKeever Award, Cecile shared:

"Receiving the SMCR prize was truly an important moment in my life as a PhD student. I was very proud to receive it! For me, it meant professors I admire were telling me 'keep going Cécile!.' This prize is a precious encouragement which I often think about." **Angela Barney** received the **Esther Rome Award** for her presentation, *"Out of the menstrual closet: Perceptions of women who*



Cécile

*leak menstrual blood."* This was her final capstone project for her Women's Studies major, from SUNY, Fredonia. Ingrid Johnston-Robledo was her faculty mentor for this project. Angela shared her reflections about having won this award: "I am honored to have earned such an esteemed award as the Esther Rome Student Research Prize, and humbled that I would be selected from such a worthy pool of applicants. I plan to diligently pursue my studies so as to make the most of your generous support. I am extremely grateful for not only the recognition but that an organization like Society of Menstrual Cycle Research exists and supports student researchers." Angela is applying for admission to graduate programs where she can pursue a master's degree in feminist psychology.



Angela

## Call for Nominations: Making Menstruation Matter

I know it may seem like just yesterday that we gave the first Making Menstruation Matter award to Gloria Steinem, but it's already time to start thinking about nominations so that we can give our second Making Menstruation Matter award at the 2015 conference.

This award recognizes a journalist, activist, artist, public figure, or organization that has meaningfully contributed to the public understanding of menstrual cycle-related issues. The intention of the award is to honor and encourage thoughtful dialogue about the menstrual cycle beyond the academy.

If there is an individual or organization that you feel would be a worthy recipient of this award, please send a 100-500 word nomination statement to Mindy Erchull at [info@menstruationresearch.org](mailto:info@menstruationresearch.org) or [merchull@umw.edu](mailto:merchull@umw.edu).



# SMCR Does Boston in 2015



## Widening the Cycle: Human Rights, Reproductive Justice and Menstrual Health Across the Lifespan

June 4-7, 2015 Suffolk University, Boston, USA

Co Sponsored by The Society for Menstrual Cycle Research and the Center for Women's Health and Human Rights <http://www.suffolk.edu/college/centers/14366.php>

Menstrual/Ovulatory Health is far too often an unacknowledged Human Rights and Reproductive Justice issue. Yet, it is central to the human right to live healthy and whole lives in every society in every part of the world.

**We will gather in Boston-June 4-7, 2015 to find common ground.**

**We will gather in Boston in 2015 to challenge our thinking and doing and emerge with a richer, wider framework for effecting change.**

**We will gather in Boston to strengthen our work—our research programs, our activist interventions, our clinical service, our artistic expressions, our policy mandates---so that everyone, every where benefits.**

Because Menstrual Health is a Human Right.

Because without access to high quality menstrual education and the capacity to care for our menstrual needs, from menarche to menopause, there cannot be Reproductive Justice.

Your Boston 2015 Conference Committee is headed up by SMCR President- Elect Chris Bobel and Director of the Center for Women's Health and Human Rights <http://www.suffolk.edu/college/centers/14366.php> Amy Agigian. The Conference Program Committee is Jane Ussher, Janette Perz (both of the University of Western Sydney and Heather Dillaway, Wayne State University, Co-Chairs with support from Megan White Mukuria and Annie Smith, both of ZanaAfrica (Kenya), Mindy Erchull (University of Mary Washington) and Jen Lewis

(Beauty in Blood). And many others have already stepped to make Boston 2015 happen.

Look for the Call for Abstracts in early 2015.

In the meantime, we will be working on your conference program to include:

- Making Menstruation Matter Award Presentation and Keynote (a call for nomination for our 2<sup>nd</sup> big award will be issued soon...)
- Plenaries that show the connections between menstrual/ovulatory health and politics across the lifespan and reproductive justice and human rights research, activism and policy
- Cutting-Edge Research Presentations
- Film Screenings
- Menstrual Poetry Slam (it's baaaaack!)
- Menstrual Art Exhibit

We invite women's and gender studies scholars, social scientists, literary and cultural critics, historians, NGO organizers and workers, health educators, physicians, nurses, artists, and human rights and reproductive health activists of all kinds to submit proposals.

Submissions that address all aspects of the menstrual cycle are encouraged, including those that involve research, theory, public policy, health care, clinical applications, art and activism related to physiological, sociocultural, psychological, or cross-cultural aspects of the menstrual cycle across the lifespan

Papers, poster sessions, workshops, exhibits, panels, and creative presentations will be welcome. We will also seek spoken word artists and poets to participate in the Menstrual Poetry Slam!!

Chris Bobel, SMCR President-Elect



# Presidential Reflections

As I look forward to SMCR's continued good works and growth, I want to review for you some of what has been accomplished during the past two years. A major accomplishment, thanks to the hard work of Alexandra Jacoby and many others on the board, has been to articulate many of our policies and procedures. This was a behind-the-scenes effort but is the kind of thing that will help us do our work more effectively. Updates have included: bylaws and dues revisions; delineating membership categories, the election process; refining budget management and reporting. Board communication in between meetings was enhanced by the creation of a drop box which now houses copies of all our important papers (e.g., incorporation and tax reporting documents). More visible accomplishments were: the drafting and vetting of our Menopause Naming position paper (thanks to Jerilynn Prior and all who commented); the production of a Fact Sheet (The Menstrual Cycle: A Feminist Lifespan Perspective) for Sociologists for Women in Society (thanks to Chris Bobel and contributors); the resumption of our blog (thanks to Liz Kissling and Society bloggers); and probably the most exciting new news – the establishment of our very own journal, Women's Reproductive Health (thanks to Joan Chrisler). Ongoing projects were deftly headed by others: website maintenance (Liz Kissling, and Mindy Erchull; the newsletter (David Linton). Finally, of course, in 2011 our conference brought a focus on international issues related to the cycle thanks to participation from many international presenters, and our 2013 conference included the inaugural presentation of the Making Menstruation Matter award to Gloria Steinem. This award was created to acknowledge the contributions of people other than scholars who have helped expand the public dialogue related to the menstrual cycle.

On a more personal note, I want to say that it is truly astounding that our organization has remained vibrant and active for 40 + years. This is a testimony to the founders and all those who have helped to enlarge an understanding of the centrality of the menstrual cycle to girls' and women's health. The Society has certainly been a key aspect of both my personal and professional life. During my initial years with the Society I was advantaged as a result of mentoring that senior scholars offered to me and other novice scholars. And I attribute some of my best work as the result of collaborating with so many SMCR colleagues over the years. We have a rich history and a bright future. It has been my pleasure to serve as President, and it will be a pleasure to continue to be an active member in the future.

Peggy Stubbs, SMCR President 2011-13



## Women's Health Groups at the Public Library

Here's a new initiative between the New York Public Library and the Maternal Psychology Lab at Teachers College, Columbia University. The idea is to host discussion groups for the general public about Women's Reproductive and Maternal Health & Well-being. Each session, participants will read and discuss a scientific or scholarly article. The idea is to enhance the public's understanding of science & scholarship and to promote body & psychological literacy about women and the reproductive cycle. If anyone is in NYC and would like to attend a group OR lead a group, we would love to have you. For the first session we going to discuss SMCR members Marlee King & Jane Ussher's article *It's not all bad: Women's construction and lived experience of positive premenstrual change*.

NYPL website:

<http://www.nypl.org/locations/tid/39/node/225241?lref=39%2Fcalendar>

KHORAI:

<http://www.khorai.org/>

## The Moon and You

Barbara Hannelore

Recently I began teaching tele-classes based on my new book, *The Moon and You: a Woman's Guide to an Easier Monthly Cycle*. Considering that cycles are everywhere in nature, I show women how to use the seasons and the moon as models for their own experience: Winter and dark moon are similar to our menstrual time, Spring begins the new month, Summer and full moon resemble our ovulation, and Fall completes the month, symbolizing our pre-menstrual time.

This gives women an easy reference for the continual changes they experience throughout the month; of course, each woman's pattern will be unique to her, but most likely she will develop a rhythm that will help her navigate her days more successfully.

The four "Level 1" classes give women a foundation for dealing with their cycle in an entirely new way. In Week 1 we discuss several types of calendars and charts, so the women can begin tracking their cycles right away. The following week we re-define the pre-menstrual phase of the month as a valuable time

of completion and release, with signals that need attention if something is off-balance.

In the third week we consider the effects of culture - Gloria Steinem's essay is shared! - and then take a fascinating look at the high esteem women have held in the past. During the four weeks we consider the value and meaning of Red Tents and other ways of honoring the unique properties of being female. We discuss nutrition, menstrual products, the body's fertility signals, and how to take time for ourselves. The women gather special objects that they will bring out each month when their period begins, as a welcoming ritual marker of their experience.

The class members are making great use of this opportunity to work with their cycles in a positive way! After the first week of class, Holly wrote a lovely poem, "Winter's Day." She has had a terrible time since going off Depo Provera, wants to have a child, and is sincerely interested in honoring and supporting her re-emerging cycle.

Another woman shared with me, after the first week, that

she had designed an entire circular chart to begin using. She has also had more success explaining to her husband how stressful and challenging her periods are, using words from an activity we did in class. She got his enthusiastic support for taking some time for herself each month, and anticipating her needs in a way that will benefit the entire family.

I have been putting this work together for the last 20 years, studying with Tamara Slayton (one of the founders of the Red Web), becoming an Expressive Arts Facilitator, taking two Coaching trainings, and also writing my book! It is so rewarding, now, to be able to share this work with a wider audience than I have in the past, through the phone and internet. Helping women work with their cycles instead of against them is such an essential foundation for overall health and positive self-concept. I'm thrilled to see the creative and empowering ways that women are using this information!





## Using Social Media to Connect with and Promote the Society



Hi everyone! My name is Angela Barney, and I have had the amazing opportunity to work alongside Ashley Walch to enhance our efforts to promote SMCR's mission, members, research, events and membership through social media such as Facebook and Twitter. Since June, we have gained 209 "likes" on Facebook, from over twenty different countries, and 46 followers on Twitter. We have been able to connect with other organizations, participate in discussions concerning regulation and management of women's reproductive functions, menstrual activism, and menstrual awareness. It is my

hope to see our "likes" and followers continue to grow. Please keep on sharing our posts, retweeting, participating in discussions, and informing your friends and students about SMCR and our social media sites. We'll continue to post innovative and insightful posts about SMCR and the amazing work our members and others do in order to make menstruation matter! Also, feel free to contact either Ashley or I if you have any recommendations for future posts, or would like us to get the word out about certain projects or organizations you may be involved in. Thank you for your support!



Angela



Ashley

You can access re:Cycling, the Society's blog, at: [menstruationresearch.org/blog/](http://menstruationresearch.org/blog/)

You can also follow us on Twitter: @re\_Cycling\_SMCR  
([https://twitter.com/re\\_Cycling\\_SMCR](https://twitter.com/re_Cycling_SMCR)).

Bloggers will use this to post updates to the blog and links from friends and other News.

The facebook page for the blog is:

<https://www.facebook.com/pages/reCycling/364690759431>

Contributors will post links to our own blog posts, plus photos and cartoons, and other news.

If you have any questions about or ideas for the blog, contact Saniya Ghanoui  
[[saniya.ghanoui@gmail.com](mailto:saniya.ghanoui@gmail.com)]

We recently created a facebook page for the Society:

<https://www.facebook.com/MenstruationResearch>

Members Angela Barney ([angelalabrn@gmail.com](mailto:angelalabrn@gmail.com)) and Ashley Walch([Ashley.m.walch@gmail.com](mailto:Ashley.m.walch@gmail.com)) are updating this daily.

You can also follow Angela & Ashley on Twitter: @SMCRtweets

# By and About Our Members



**Mindy Erchull** was named a fellow of the American Psychological Association (APA) at the annual meeting of the organization in August. The status of APA fellow is awarded to members who have shown evidence of outstanding contributions to the field of psychology at a national level.

Mindy J. Erchull  
SMCR Membership  
Coordinator

## **Joan Chrisler - SMCR's New Journal - Women's Reproductive Health**

The Board of Directors has signed a contract with Taylor & Francis/Routledge to publish a journal entitled Women's Reproductive Health. SMCR past president Joan C. Chrisler, Professor of Psychology at Connecticut College, will serve as the first Editor. Her term is 6 years. The Society owns the journal, and our logo will be featured on the cover. All members will automatically receive the journal as a benefit of membership.

The first issue will be published in spring 2014. We will publish two issues in the first 2 years, three issues in the next 2 years, and then become a quarterly. The journal will be international and interdisciplinary and reflect feminist perspectives. Although the menstrual cycle

will always be at the heart of the journal, topics appropriate to the journal will extend beyond the cycle itself. See the "aims and scope" on the journal flyer (in this issue of the newsletter) for more information. The editorial board members are also listed on the flyer; Adriane Fugh-Berman, M.D. and Dara Mendez, Ph.D., MPH, joined the board after the flyer was printed.

The publisher is building a website for us, and manuscripts will be submitted through a portal on that page in due course. For now, however, submissions should be emailed to the editor as Word attachments at [jcchr@conncoll.edu](mailto:jcchr@conncoll.edu). Manuscripts must be in APA style.

We are counting on all of you to work with us to make the journal a success. A successful journal will promote the aims of the Society, help us to attract and retain members, and, eventually, bring in revenue that will shore up our finances and strengthen the future of SMCR. What, you may be wondering, can you do to make the journal a success?

You can:

Submit your best work to Women's Reproductive Health (WRH);

Tell your colleagues and students about the journal and encourage them to submit their best work to WRH;

Ask your institutional library to subscribe to WRH;

Cite articles from WRH in your publications, especially those that you send to other outlets;

When you are asked to review a manuscript, say yes;

Announce the contents of each issue of WRH on your facebook page;

Announce the contents of each issue of WRH on professional list serves;

Blog about articles in WRH, or cite them in your blog posts;

Tweet about interesting articles you read in WRH;

Take flyers about WRH to conferences with you and distribute them to attendees who work on women's reproductive health and well-being;

Think of other creative ways to use social media and your professional networks to publicize our new journal.

Thanks in advance for your advice and support! The Board of Directors hopes that you are excited as they are about this new venture.

# Women's Reproductive Health

The Official Journal of the Society for Menstrual Cycle Research  
[www.menstruationresearch.org](http://www.menstruationresearch.org)

New  
for  
2014!

## EDITOR

Joan C. Chrisler, PhD  
Connecticut College  
[jcchr@conncoll.edu](mailto:jcchr@conncoll.edu)

## ABOUT THE JOURNAL

*Women's Reproductive Health* is dedicated to the improvement of reproductive health and well-being across the lifespan for all women. It publishes original research, theoretical and review articles, book and media reviews, and occasional short pieces of creative writing that illuminate issues relevant to researchers, health care providers, educators, and public policy planners. The range of appropriate topics is broad, including menarche, menstruation, menopause, pregnancy, birthing, breastfeeding, miscarriage, infertility, assisted reproductive technologies, contraception and abortion, reproductive cancers, sexually transmitted infections, and disorders related to reproductive events (e.g., osteoporosis, fistulas, migraines, postpartum depression). The scope of the journal is international and interdisciplinary, with feminist perspectives. Contributions from researchers/scholars in public health, nursing, medicine, psychology, sociology, anthropology, women's studies, queer studies, the humanities, and other fields are welcome.

The journal is a publication of the **Society for Menstrual Cycle Research**, which was founded in 1979 by a multidisciplinary group of researchers, health care providers, public policy makers, women's health activists, and students to advance a woman-centered understanding of women's reproductive processes and experiences.

## CALL FOR PAPERS

*Women's Reproductive Health* is looking for manuscripts for its 2014 inaugural volume. Manuscripts should be submitted to the Editor, Joan C. Chrisler, PhD at [jcchr@conncoll.edu](mailto:jcchr@conncoll.edu). All editorial inquiries, books and other materials for review purposes should be submitted to the Editor. Authors must complete a Manuscript Submission & Limited Copyright Transfer Form. Please contact the editor with any questions or for more information.

## ABOUT THE SOCIETY

The **Society for Menstrual Cycle Research**, a nonprofit organization, was founded in 1979 by a multidisciplinary group of women who were pioneers in understanding the centrality of menstrual cycle research to women's health. Our mission is to be the source of guidance, expertise, and ethical considerations for researchers, practitioners, policy makers and funding resources interested in the menstrual cycle. Membership is open to individuals who have an interest in research on the menstrual cycle or related issues, and who support the purposes of the **Society**.

Members of the **Society for Menstrual Cycle Research** will receive the journal as a benefit of membership. To join, visit the society website at [www.menstruationresearch.org](http://www.menstruationresearch.org).

## EDITORIAL BOARD

### Editor

Joan C. Chrisler

### Associate Editor

Ingrid Johnston-Robledo

### Book/Media Review Editor

Jessica Barnack-Tavlaris

Chris Bobel

Susan M. Cohen

Paula Derry

Heather E. Dillaway

Lorah D. Dorn

Mindy J. Erchull

Elizabeth A. Kissling

David Linton

Marci Lobel

Maria Luisa Marvan

Meredith Nash

Wendy V. Norman

Ellen F. Olshansky

Cheri Pies

Jerilynn C. Prior

Nancy King Reame

Lisa R. Rubin

Lynette Leidy Sievert

Cindy A. Stearns

Margaret L. Stubbs

Jane Ussher

Sharra Vostral

Jennifer Pelt Wisdom

Nancy Fugate Woods



# Membership Report



As of June, I took over as membership chair. Alexandra Jacoby did a wonderful job with this while also serving as treasurer, but the board decided that we needed to break up these jobs among more people. During the summer, I worked with Alexandra to learn the systems she had in place and take over full responsibility for tracking membership status and sending renewal reminders, managing the SMCR member and board email distribution lists, and becoming the primary point of contact for the society by maintaining the [info@menstruationresearch.org](mailto:info@menstruationresearch.org) email account.

As fall begins, I now have a solid understanding of our systems and have instituted a regular schedule for sending dues reminders and making updates to our email lists. I've also begun a process of contacting each member in order to update all the member files and determine accurate mailing addresses. This has to happen so that we can have an accurate address list for members in order for Taylor & Francis/Routledge to be able to send out our new journal, Women's Reproductive Health, to our members beginning in early 2014. In the future, these updates will happen when members renew, but I appreciate your assistance as I make this big push now so that we updated and accurate files.

I also want to mention that we currently have just over 150 members. While we're a small group, we are active and passionate, and that gives strength. That said, for the society to remain vibrant, we need to focus on growing our membership. While I am not the board member who is taking primary responsibility for a membership drive and outreach activities, I am a great first point of contact for those of you who would like to help with this effort or has suggestions of ways we can spread information about SMCR to other like-minded individuals in myriad fields. Drop me an email at [merchull@umw.edu](mailto:merchull@umw.edu) or [info@menstruationresearch.org](mailto:info@menstruationresearch.org) with any ideas you might have.

Finally, I want to thank Angela Barney and Ashley Walch, two members who have worked with me to increase the social media presence of the society. They handle the day-to-day management of our Facebook page, <https://www.facebook.com/MenstruationResearch>, and our twitter account, <https://twitter.com/smcrtweets>. Make sure that you like our page and follow our twitter account. Share these links with others as well, and help us spread the word about the work we're doing and the community we're building.

**Mindy J. Erchull**  
SMCR Membership coordinator

# SMCR Board Election Details

In early October, members of the Society for Menstrual Cycle Research will be sent notice to vote in the online SMCR Board of Directors Election. We urge your participation in the election as 50 percent of SMCR members must vote to meet the quorum stated in our bylaws. Instructions that come with your notice to vote will ask that you do so within one week of receiving the notice.

Five candidates for four available board of director positions were nominated at the Business Meeting conducted on June 7, 2013 in New York City during the Biennial SMCR conference. Each position is for a six-year term. These nominees are:

**Heather Dillaway** is an Associate Professor in the Department of Sociology at Wayne State University in Detroit, Michigan. Her research focuses primarily on how women's experiences of menopause and midlife are shaped by their social locations and contemporary social contexts. She is also engaged in a research project on the reproductive health experiences of women with spinal cord injuries. Heather is running for her second term as a board director.

**Maureen McHugh** is a Professor of Psychology at Indiana University of Pennsylvania where she teaches Psychology of Women, Human Sexuality, Diversity Issues and Social Psychology. She has published on a wide range of topics including gender differences, feminist methods and violence against women. At SMCR she has presented on sexuality, older women, and menopause. Maureen is currently working, with Joan Chrisler, on an edited text critical of the medicalization of women's experiences and bodies.

**Sheryl Mendlinger** is with the Institute on Urban Health Research at Northeastern University. Her expertise is in the intergenerational transmission of knowledge among multicultural populations, focusing on the menstrual cycle. She developed a model for knowledge acquisition examining sources and types of knowledge that mothers pass on to their daughters about menstruation that has been adapted to examine other health behaviors. Sheryl has researched traditional knowledge in societies under change in Tanzania and taught courses in the sociology of women's health in Israel and the USA, including to inmates in women's prisons.

**Janette Perz** is an Associate Professor in the Centre for Health Research at the University of Western Sydney. She researches in the field of reproductive and sexual health with a particular focus on gendered experiences, subjectivity, and identity. She has undertaken a significant research program in sexual and reproductive health including the experience of premenstrual syndrome (PMS) in intimate relationships; the development of and evaluation of a couple-based psychological intervention for PMS; sexual wellbeing and reproductive needs in migrant populations; and sexual and psychological wellbeing during menopause and midlife.

**Arpan Yagnik** is a fourth year doctoral student at Bowling Green State University (BGSU). His specialization is in Health & Development Communication with a focus on menstrual health. He was the recipient of the Linda McKeever Award for best student presentation at SMCR-2011. He has two single-authored articles about menstruation in peer reviewed journals. Arpan is the founder of the campaign, "Keep it Flowing!" at BGSU, which collects and disseminates menstrual hygiene products to the women who cannot afford menstrual hygiene products.