

PRO-CHOICE RESOURCES

advocacy, access, education empowerment

Spring 2007

PCR NEWSLETTER

VOL. 16 No. 1

CALLING THE NEXT WAVE OF ACTIVISTS - FROM THE EXECUTIVE DIRECTOR

This fall, we lost one of our founding mothers: Dr. Jane Hodgson. Dr. Hodgson was a board member here at PCR, and in 1970 became the only doctor in the United States to be convicted of illegally performing an abortion in a hospital. She had performed the abortion on a woman with German measles, which carried a high risk of birth defects, and was arrested shortly afterward. Convicted in November 1970, she was sentenced to 30 days in jail. Dr. Hodgson's sentence was suspended pending appeal; after the Roe v. Wade decision in 1973, her conviction was overturned. She served no jail time. Dr. Hodgson spent the rest of her career working to better women's reproductive health.

Dr. Hodgson's work was monumental, and she helped pave the way for the women, activists, and advocates that have come after her. But there is still much to do. While I won't ask you to commit to breaking any laws or spearheading any Supreme Court Appeals, I will ask for your help. There are countless ways that you can personally make a difference in people's lives and work for reproductive justice with the same conviction of Dr. Hodgson.

Right now at PCR you can become a board member – helping guide this organization through a time of evolution and growth with a monthly commitment of 5 hours. You could make a shorter commitment and lead a Bowl-a-

"If I hadn't gotten involved, I would have gone through life probably being perfectly satisfied to go to the medical society parties, and it would have been very, very dull. I would have been bored silly."

Dr. Jane Hodgson

Thon team – raising much needed money for PCR and having a blast at the 14th annual Bowl-a-Thon on April 27th. Maybe you would prefer a commitment of an hour at a time as a PCR volunteer – coming in to the office a

couple hours per month to put together safe sex kits for women or doing data entry.

We need you. It is that simple. We cannot do it alone. We need the next generation of people inspired by Dr. Hodgson to keep us moving forward. It will take all of us together to bring reproductive justice to our communities. Together we can create real change and hold strong against those that want to curtail our rights and choices.

If you are bored silly (see quote at left) – call us at 612-825-2000 or email us at pcr@birdsandbees.org. We would love to hear from you.

Reaching New Allies for Reproductive Justice

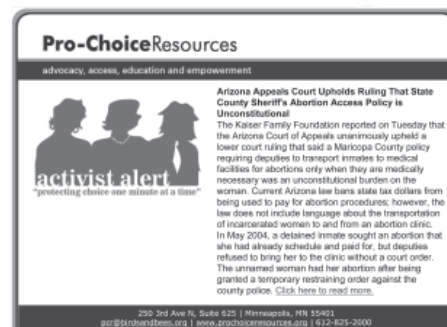
Pro-Choice Resources hosts a quarterly Race and Reproductive Health Speaker Series, which is designed to expand the definition of reproductive health and bring together groups and individuals that would not traditionally be allies in the pro-choice movement. So far, the series has been successful in reaching out to diverse communities, and speakers have covered topics not often discussed within the context of reproductive rights.

Last November, PCR welcomed State Senator Patricia Torres Ray and National Latina Institute for Reproductive Health Program Director Ligia Rivera. Senator Torres Ray and Ms. Rivera led a lively discussion on the local and national connections between immigration and reproductive rights.

We are currently planning our 2007 Speaker Series events focusing on *The Health and Humanity of Pregnant Women: Local, National and International Perspectives*. If you are interested in having your organization be a cosponsor for this event or want more information, please contact Veronica at vflake@birdsandbees.org.

Two PCR E-mail Alerts Revamped!

There always seems to be a flurry of events surrounding reproductive health news and justice. PCR disseminates two different e-alerts to keep people in the know. The monthly Race and Reproductive e-



The revamped look of our activist alert.

a recent reformatting of our e-mail alerts to make them more user friendly.

If you would like to sign up for either alert, please e-mail us at pcr@birdsandbees.org or visit our website at www.prochoiceresources.org/involved.php.

Birds and Bees Project Releases New Educator's Guide



The new Birds & Bees logo.

The Birds and Bees Project proudly announces the completion of its very own *Educator's Guide to Reproductive Health*. Few sexual and reproductive health curriculums provide teachers lessons on unplanned pregnancy options, including abortion, adoption and parenting. Our new curriculum manual was developed using guidelines set forth by the Sexuality Information and Education Council of the United States (SIECUS) and the National Standards in Health Education. A variety of reproductive health topics are covered in the *Guide*, including: communication, contraception, pregnancy, sexually transmitted infection (STI) prevention, and unplanned pregnancy options. This guide fills the gap left by many other curriculums, as it includes nine different activities to help facilitate discussions on these challenging health topics with middle and high school students. We are excited to reach every health teacher in Minnesota's middle schools, high schools and alternative learning centers, plus community health educators, with a free copy of our new guide. This February, we distributed 1,250 guides across the state.

In creating the new *Guide*, the Birds and Bees Project as a whole has updated our look to make it more appealing to our teenage audience. Dozens of teens helped us design our new brand by responding to e-mail surveys and attending focus groups facilitated by Birds and Bees educators. We are thrilled to launch our redesigned website in March. Check out our new look by visiting www.birdsandbees.org. You can also download a free copy of our *Guide* in the "educators" portion of our website.

Volunteer of the Year: Patrick Woods



Congratulations Patrick!

Wendy Brovold, *Communications & Outreach Coordinator*, recently caught up with PCR's Volunteer of the Year, Patrick Woods, to discuss his recent award and volunteer experiences at PCR.

When did you start volunteering at PCR?

"I started volunteering almost four years ago when my friend, Megan Peterson, who was the Development & Communications Director at the time, called me to see if I'd like to help out with the Bowl-a-Thon. I was between jobs and really looking for a way to get involved in the community. The Bowl-a-Thon was so much fun that I've continued working on it every year since."

What do you enjoy about volunteering at PCR?

"What I enjoy most about being a PCR volunteer is the opportunity to contribute to an organization that does things I really care about. Plus, I LOVE the staff and other volunteers."

What's the best thing about volunteering with PCR?

"From working the table at Pride, cheerleading at the Bowl-a-Thon and helping to coordinate the Art for Choice, I am always given tasks that are meaningful and opportunities to really make a difference."

How does it feel to be PCR's Volunteer of the Year?

"It so completely rocks being the volunteer of the year. It may even beat out being crowned Homecoming Queen at the University of Minnesota-Morris. Now, back to practicing my high kicks for the Bowl-a-Thon...give me a P!"

Ways to Support Choice

There are many ways you can support PCR. You can make a tax-deductible contribution to choice by:

- Donating online at www.prochoiceresources.org.
- Mail a check or credit card donation.
- Become one of our monthly sustainers. Donate by debit or credit card automatically each month. It also means less mail from us!
- Give through workplace giving campaigns such as: Community Solutions Fund, The United Way or Combined Federal Campaign
- Find out if your employer has a gift matching program. Double your dollars for choice.
- Gifts of stocks or bonds. You receive a tax deduction for full market value and avoid capital gains tax.
- Name PCR as a recipient of all or part of a life insurance policy, IRA or qualified retirement plan.
- Include PCR in your will.
- Through deferred gifts, such as a charitable remainder trust, providing financial security for you and your family and reducing your heirs' tax exposure.

For more details, please call us at 612-825-2000 or e-mail pcr@birdsandbees.org

PCR Wants You!

Do you have 5 hours per month, and a commitment to reproductive justice issues? PCR is looking for individuals interested in serving on a working board of directors for a small but unique and progressive non-profit. Especially interested in those with fundraising, finance, legal or health care experience. People of color and GLBTQ folks encouraged to apply. For more information or an application, please contact Leah at 612-825-2000 or leah@birdsandbees.org.

The PCR Volunteer Corps

PCR volunteers make our world go round. Thank you to all the fantastic volunteers over the past 6 months!

Karl Aarsheim	Suzanne Ford	Mollie Roediger
Sarah Abraham	Donna Hartle	Bruce Sikkema
Scott Agrimson	Caitlin Haugan	Maria Volpe
Michelle Atkins	Robin Haugan	Rebecca
Elise Belusa	Sarah Henely	Weisgrau
Nikki Brovold	Rebecca Jensen	Patrick Woods
Jeff Cawhorn	Melissa Leach	U of MN
Simon Chabel	Angelique Lele	Medical
Camille Cyprian	Alea Lester	Students for
Andrea Dowd	Carla Meyers	Choice
Meghan Felice	Laura Presnail	
Erika Finne	Issa Preston	

➤ The Papaya Workshops: Abortion Training for Providers



Students practicing MVA with papayas.

Stacey Burns, Abortion Provider Expansion Project (APEP) Coordinator, describes a set of workshops APEP organized recently for medical and nursing students, residents, and physicians interested in training:

“The back seat of my car was stacked high with crates of ripe, fragrant papayas and cartons of disposable plastic specula—not your typical office supplies. I was headed to the Medical Students for Choice conference in Minneapolis last fall, bringing with me the materials for a workshop facilitated by two of the energetic family medicine physicians who head up the Midwest Access Project in Chicago, Debra Stulberg and Cori Blum.

The ‘papaya workshop,’ as it’s known, refers to an innovative, hands-on introduction to a method of early surgical abortion called manual vacuum aspiration, or MVA. MVA is also used for miscarriage management, endometrial biopsy, and treatment of failed medication abortion or ectopic pregnancy. It’s safe, it’s quiet, and because it uses no electricity, it can be employed in low-resource settings around the world. Despite this broad potential, however, the technique is not a standard component of medical school curricula.

What makes this workshop innovative is the use of papayas themselves. It turns out that a medium papaya mimics the approximate weight, shape, and resistance of a uterus, proving an ideal simulation model for MVA. And at \$3 per fruit, it is considerably cheaper than the standard \$300 plastic model, allowing several students to practice at once.

After discussing abortion options, and viewing a complete papaya evacuation, participants representing medical and nursing programs from Minnesota, Wisconsin, Iowa, and South Dakota each experimented on a papaya using a set of instruments supplied by the Reproductive Health Access Project. Students were impressed by the simplicity and ease of the procedure, able to more clearly picture how they might apply abortion services in their future practice.

The next day APEP held a second workshop, this one convened for a group of Twin Cities physicians and residents interested in integrating MVA into their practice, and once again I was on the road with a car full of papayas.”

The papaya workshops held in the fall of 2006 were cosponsored by the Abortion Provider Expansion Project (APEP), the Midwest Access Project in Chicago, the Reproductive Health Access Project in New York, and the University of Minnesota chapter of Medical Students for Choice. APEP is a joint project of Pro-Choice Resources and the NARAL Pro-Choice Minnesota Foundation. Funding is made possible by grants from the Jay and Rose Phillips Family Foundation and the Women’s Foundation of Minnesota.

➤ Thank You to Our Art for Choice Sponsors!

PCR expresses our deepest gratitude to the following businesses and artists who supported our 3rd annual Art for Choice held October 20, 2006. Please support these businesses and artists by patronizing them! They take a professional risk to support PCR.

*A complete listing of contributors will be included in the Annual Report.

Artists

John Alspach
Doug Beasley
Michael Birawer
Allen Brewer
Dan Buettner
Mike Carina
Tara Costello
Amy Crickenberger
Jennifer Davis
John Diebel
Matthew Doubeck
Christi Furnas
Eddie Hamilton
Paul Jagolino
Suzy Janse-Vreeling
Dean Lucker
David Malcom Scott
Shawn McNulty
Jon Nelson
Terrence Payne
Greg Priglmeier

Ingrid Restemayer
Amy Rice
Robert Roscoe
Michael Sweere
Kate VanCleve
Anne Wood
James Wrayge
Cheryl Wilgren
Clyne

Businesses

Michael Birawer
Paintings
Chow Girls
Gallery 360
Outsiders & Others
Gallery
Rosalux Gallery
South Lyndale
Liquor
Zipp’s Liquor

Roe Celebrations Draw Large Crowds



PCR staffers Wendy Brovold (L) & Amanda Danzeisen (R) take a moment to pose with Rock for Roe MC Wanda Wisdom (C).

January 22, 2007 was the 34th anniversary of *Roe v. Wade*, and people from across the metro gathered to honor one of the most controversial and politically significant cases in U.S. Supreme Court history. The Minnesota Choice Coalition, consisting of NARAL Pro-Choice MN, MN NOW, Midwest Health Center for Women, Planned Parenthood of MN/SD/ND, MN Religious Coalition for Reproductive Choice, MN Women’s Campaign Fund, MN Council of Jewish Women and of course, Pro-Choice Resources, hosted two events to

celebrate and remember the landmark case. Early in the evening, over 50 people attended the Roe Reception where they enjoyed wine, music and appetizers along with pro-choice camaraderie. Keynote speakers included Carter Lebares, medical student and APEP participant, Pastor Mary Halvorson from Grace University Lutheran Church and Rabbi Marcia Zimmerman from Temple Israel who discussed the spiritual importance and impact of reproductive justice.

Later in the evening, over 200 people lined up at the Triple Rock Social Club for the 2nd annual Rock for Roe concert. Three local bands, Spider-Fighter, Dessa from Doomtree and Tina Schlieske, gave excellent performances in front of an excited and energized crowd. The evening’s festivities were emceed by the lovely Wanda Wisdom, who graciously encouraged attendees to volunteer at pro-choice organizations. With high attendance and the overwhelming show of support, each event was a great success.

The MN Choice Coalition would like to thank the event sponsors: Smitten Kitten, Olive Salon, Hair Police, Michael Birawer Paintings, Lavender Magazine and The Onion.

Pro-ChoiceResources

PROMOTING EDUCATION & ACCESS

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www.birdsandbees.org

PCR Staff:

Wendy Brovold - Communications & Outreach Coordinator
Stacey Burns - APEP Coordinator
(shared with NARAL Pro-Choice Minnesota)
Amanda Danzeisen - Birds & Bees Project Coordinator
Veronica Flake - Access and Equity Coordinator
Leah Hébert - Executive Director
Nikki Madsen - Associate Director
Jacqueline Michaud - Development Director
Elsa Paris - Health Educator
Melissa Winship - Office Manager

Interns:

Sarah Abraham	Camille Cyprian	Alea Lester
Meghan Felice	Caitlin Haugan	Laura Presnail
Elise Belusa	Sarah Henely	Patrick Woods

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➡ I'm Pro-Choice and I Bowl!

14th Annual PCR Bowl-a-Thon

Where else can you win great prizes & bowl alongside teams like *The Pin Up Girls*, the *Pro-Choice Pirates* & the *Birchwood Deadly Viper Squad*?

It's So Easy to Bowl for Choice!

- Captain a Team! Put together your own awesome team (of 6).
- Just you? Join the *PCR Spare Bowlers* to bowl with other PCR supporters.
- Even if you can't bowl, you can still raise money for PCR and qualify for excellent prizes!

Go online today to register. Shifts are filling up fast!

Bowling shifts at:

5:00, 6:15*, 7:30*, 8:45*, 10:00 and 11:15 pm

*Premium shifts with team fundraising goal of \$750.

Reserve your shift by registering online or by calling Jackie at 612-825-2000.

Businesses! Great promotional opportunities available. Contact Jackie for more information about how you can sponsor this year's Bowl-a-Thon! jackie@birdsandbees.org or 612-825-2000



Friday, April 27th
at the Bryant Lake Bowl

Donate or register online today!
www.prochoiceresources.org

Supporting education and access has never been easier or more fun.

Help us reach our \$50,000 goal and Bowl for Choice!