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## BIRTH LOUNGE

### Back Health in Pregnancy & Motherhood

An Evening featuring  
Erin O'Rierden from  
SOMA Studio and Dr.  
Stephanie Bonn from  
Yaletown Chiropractic

June 4, 7-9pm,  
Pomegranate  
Community Midwives

2647 E. Hastings St.

## A New Clinic is Born!

### Welcome to the first issue of Pomegranate Seeds!

Pomegranate has been growing daily, with new families, new babies, new midwives, new students, new classes and so much more! We would like to add a new Newsletter to the bunch and hope that this way you can stay in touch and stay informed about the many changes at Pomegranate.

### Our Open House was a fabulous party!

Thank you to all our friends who attended our party for a toast of Pomegranate juice in honor of our opening. We were excited to share our new space with you all and hope that you will drop by for classes or hellos in addition to your scheduled appointments.

### Introducing our Midwifery Team:

Midwives: Beth Ebers, Lehe Elarar (on mat leave!),  
Janice Forman, Kat Montgomery, Amy Smith  
Office Manager: Anne-Marie Laplante



### Have you checked out our new website?

Though not yet complete, expect to find information about Pomegranate, links to other community resources, class schedules as well as a 'members only' page for clients to access our current practice guidelines and other information about pregnancy, birth and postpartum. You can view us at:

[www.pomegranate-midwives.com](http://www.pomegranate-midwives.com)

## International Midwives Day

International Midwives Day was first celebrated on May 5, 1991 and has since been celebrated in over 50 countries around the world. This day recognizes the vital role that midwives have around the globe in increasing the health of women and babies; from attending births in rural and remote areas, to fighting increasing c-section rates and rates of interventions.

According to the "Definition of a Midwife" (ICM/WHO/FIGO, 1999), a midwife provides "care and advice to women during pregnancy, labour and the postnatal period.. (and) ...she has an important task in health counseling and education, not only for the women but also within the family and community". Where midwifery is strong, the health of women tends to be better and this has an impact on families and the well-being of children as they grow from newborn to adult.

Consumers of midwifery have been leaders in forming Canadian policies that regulate midwives. The first midwives were registered in BC on January 1, 1998, and since then our numbers have been growing to serve our growing communities. Still many women and families are unaware of what a midwife is and that her services are covered by MSP. Much of the challenge ahead is reaching out to more women of diverse communities so that each woman is well informed and aware of her options.

Have you hugged your midwife lately??

## Mamas in Profile



At Pomegranate we meet incredible women and learn about the many aspects of their daily lives. Each issue we wish to share some stories about how motherhood can shape our entire existence.

### First Birthdays!!

Sam, born May 7, 2005 to Anne-Marie & Neil

Kealan, born May 22, 2005 to Fiona & Karsten

Gabriel, born June 6, 2005 to Jesse & Yaseen

Marcus, born June 6, 2005 to Barb & Steve

Ava, born June 9, 2005 to Kim & Carl

Meika, born June 14 2005 to Megan & Myk

Esme, born June 30, 2005 to Hillary and Raphael

**Congratulations!!**

Suzanne Siemens is a mother, business owner and artist. After feeling burnt out from a high stress finance job downtown, Suzanne was looking for meaningful work that incorporated her business skills as well as her desire to create a sustainable business that “honours women, their babies, and the need to keep family and their community close to them”. In 2000, she joined Lunapads founder, Madeleine, and together they have been expanding a business with a shared vision for better health for women and the planet. After Suzanne gave birth to her first son in 2002, she and Madeleine tested their vision of what it meant to be a mother in the workforce – when Suzanne felt ready to return to Lunapads, Aiden was in tow! “Rather than being a distraction, our children are sources of immense joy and energy in our work environment, not to mention powerful reminders that work and life don’t need to be separate concepts after all”. In her spare time, Suzanne enjoys painting. “Painting in my free time is rewarding because it connects me to my artistic side, which often is neglected. Chinese brush painting also connects me to my ancestral heritage and allows me to imagine what life might have been like for my mother and grandmother in China”.

## Welcome Babies!

**Jacob**, born April 3rd, 2006, 3550g to Deborah & David

**Danica**, born April 12th, 2006, 3970g to Sarah & Jim

**Elodie**, born April 12th, 2006, 3095g to Maia & John

**Sienna**, born April 13th, 2006, 3250g to Shannon & James

**Georgia**, born April 13th, 2006, 3790g to Kristen & Kevin

**Griffin**, born April 20th, 3095g, to Cindy & Randy

**Kestrel**, born April 23, 2670g to Megan & Corey



## New Classes at Pomegranate

Part of our vision for the new clinic was to incorporate a space where women could interact, improve their health and delve into what it means to be pregnant, birthing and caring for newborns in the world of today. With that, we are thrilled to offer childbirth education classes, yoga classes, art classes, workshops and info nights at Pomegranate. Please check out our instructor profiles and calendar for more information and do not hesitate to contact us with any new ideas!

Janice’s Affirmation...

MY BODY KNOWS HOW TO SURRENDER AND OPEN TO LET  
MY BEAUTIFUL, HEALTHY BABY COME THROUGH ME.

And so our mothers and grandmothers have, more often than not anonymously, handed on the creative spark, the seed of the flower they themselves never hoped to see -- or like a sealed letter they could not plainly read.

– Alice Walker

# Mothers Unfolding

by Sarah Juliusson

A wise midwife once said: "Postpartum is the process of discovering who has been made." After birth we discover that we are getting to know ourselves as parents just as much as we are getting to know our little ones.

Mothers Unfolding provides a creative space for mothers and babies to come together and "unfold" what it means to be a mother. We explore the transitions in our identity as women, partners, professionals, changes in our relationships (some good, some challenging!), finding balance between baby, home, partner & self-care, finding and listening to our intuition, how to be present with our children, and creating community as mothers.



Like the women who have participated, my experience with Mothers Unfolding has opened me up on so many levels - from the discovery of new resources, to deepening my understanding of the emotional, spiritual, physical challenges and blessings of motherhood. As one mama shared, the group is "a safe place to talk about subjects which often are taboo with other new mums - the reality of being a mother, rather than the sugar coated version we often put forth." Another wrote, "I've really enjoyed this group and am a better mum and wife because of it. I really want to celebrate this awesome time in my life - thank you for allowing this to unfold". My hope is that each group will carry on for years beyond the class itself - recent groups have continued every other week with long lists of topics to explore together.



You may sign up for a Mothers Unfolding class at any time in pregnancy or postpartum. Participation is encouraged from one month postpartum through anytime in the first year. Babies must be pre-crawling to participate.

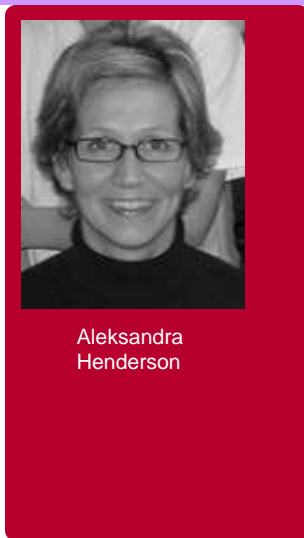
Sarah Juliusson, Ms.Sc.Parent-Child Nursing  
 Certified Birthing From Within Mentor, CD(DONA)  
[www.DancingStarBirth.ca](http://www.DancingStarBirth.ca)  
 Prenatal Classes, Mothering Circles, & Doula Care



# Doulas in Perspective

From history, research and word of mouth, we are constantly reminded that having a doula at your birth will enhance your experience and reduce the chances of having any interventions. Many women and their partners will say that before the birth it was still unclear what support the doula would offer, but that the power of the birthing experience with the doula present left them in deep appreciation for the doula's essential role. In every issue of Pomegranate Seeds, we will introduce a doula from our community.

Aleksandra Henderson, CBE, has been a Doula and Child Birth Educator since 1996 and she has attended over 120 births. The miracle of birth has made an everlasting impact on her life and this is the simple reason she chose to become a Doula. Her aim is to make birth an experience rather than a process. She prides herself on listening to you and your partner's concerns to build a team consisting of mother, partner and Doula. Aleksandra believes that a doula's purpose is not just to help with physical and emotional support for mothers, but also to act as a facilitator for partners who might have concerns about caring for a labouring mother. She does this with respect to the balance of nature and medical interventions, and with knowledge and experience of both. She also teaches Prenatal Classes for Lower Mainland Childbearing Society. [www.childbearing.org](http://www.childbearing.org)



Aleksandra Henderson

## Tea of the Month

### Anemia Prevention Tea

#### 7-8 Tsp each of:

- Nettle leaf
- Parsley leaf
- Comfrey leaf
- Yellow Dock root
- Peppermint leaf

*\*\*with spring in full bloom, get your boots and your gardening gloves on and take an adventure through the woods in search of fresh nettles. Watch out for the stinging hairs under the leaf and on the stalk!*

Measure herbs and put them into a glass 2L juice jar.  
 Pour boiling water in until the jar is totally full; cover tightly.  
 Steep for at least eight hours.  
 Drink freely, up to four cups a day, for one week each month.

*This brew contains three excellent sources of iron: Nettle, Parsley, and Yellow Dock. It provides folic acid from the Parsley and vitamin B12 from the Comfrey. The green herbs all contribute vitamin C which aids iron absorption. The Mint makes it tasty. Enjoy!*



Comfrey - *Symphytum Officinale L*

**For high quality natural products, such as fresh herbs, teas, personal blends and oils, check out Biofilia in Railtown.**



Biofilia is having a sale on May 13th, from 10am to 4pm

*"The main focus of Biofilia is to bring high quality natural products at a fair price to everyone. Access or limits to health should not be economic. To this end Biofilia does not operate at a profit. It is set up to support itself and just enough of a mark up to support growth and contingencies."*

#101 343 Railway Street, Vancouver, British Columbia, CANADA, V6A1A4 [www.biofilia.ca](http://www.biofilia.ca)  
 Phone ahead for hours of operation... 604-687-4372 (HERB)



## Currents...

### Are women really demanding c-sections with no medical indication?

According to the second national US survey, Listening To Mothers, that concluded Jan-Feb 2006 of over 1500 mothers who gave birth in 2005, the answer is 'No'. Much attention has been placed on C-Section on Demand by the media in recent years, which, in turn, has sparked a great deal of conversation amongst mothers and health care practitioners alike. But what are the messages that the media is portraying and why, if virtually no mothers (about 3 in 1500) were requesting c-sections on demand, are we being urged to consider what true informed choice means to women regarding this issue?

The survey reports that 1 out of 10 women felt pressure to undergo c-section from their care-provider; similarly, 1 out of 10 women felt pressure to undergo labour induction and 1 out of ten women felt pressured to have an epidural. About half of the women surveyed felt that care-providers were highly influenced by malpractice suits and that this played a role in the rising number of c-sections. Serious concerns about patient information regarding c-sections were raised after the survey concluded that many women either felt uninformed about side-effects or could not remember any risks due to the procedure. Also in the survey, 75% of women felt that the ultimate decision whether to have a c-section or not should be placed in the hands of mothers, after considering the practitioners medical advice. Less than five of the women surveyed felt that the decision should rest in the hands of care-givers alone. Almost all of the women felt that woman should be offered the choice to have a vaginal birth after a previous c-section.

The reality of birth in North America today is that about 1 in every three mothers births her baby by c-section. Many practitioners find that the steady rise in the number of c-sections is alarming and requires immediate consideration by all those invested in the health of mothers and babies. Clearly this debate requires on-going investigation so that the health of women and babies is maximized.

Please check out the following website regarding this information and more:  
<http://www.childbirthconnection.org/article.asp?ck=10372>



Pomegranate flower



According to Chinese astrology, babies born from January 29 2006 - February 17, 2007 are born into the year of the dog.

“Children born under the Sign of the Dog are highly creative and able to entertain themselves for hours on end. They don't mind playing by themselves, often inventing games and puzzles while doing so, as well as an entire zoo of imaginary friends. They are responsible children who love to take on and complete as many tasks as are possible, as such behavior gives them a sense of accomplishment.

Parents of Dog children may become concerned about their child's serious nature, but they shouldn't be -- such determination in the face of life must certainly stand their child in good stead throughout their educational career, not to mention the real world thereafter. They should count themselves very fortunate!”

# Calendar Of Events

## May 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5 Birthing From Within Weekend Intensive	6 Birthing From Within Weekend Intensive
7 Birthing From Within Weekend Intensive	8	9	10	11	12	13
14	15 *Mom & Baby Yoga 1-2:30pm *Prenatal Yoga 5:45-7:15, 7:40-9:10	16	17 *Prenatal Yoga 5:30-7pm *Mamas Only Post-natal Yoga 7:30-9	18	19	20
21 Info Night: Homebirth 7-8:30pm	22 No classes! Victoria Day	23	24 *Prenatal Yoga 5:30-7pm *Mamas Only Post-natal Yoga 7:30-9	25 Birthing From Within Series Begins! 7-9:30pm	26	27
28	29 *Mom & Baby Yoga 1-2:30pm *Prenatal Yoga 5:45-7:15, 7:40-9:10	30	31 *Mothers Unfolding 1-2:30 *Prenatal Yoga 5:30-7 *Mamas Only Post-natal Yoga 7:30-9			

## June 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Birthing From Within Series: 7-9:30pm	2 Birthing From Within Weekend Intensive	3 Birthing From Within Weekend Intensive
4 Birthing From Within Weekend Intensive	5 *Mom & Baby Yoga 1-2:30pm *Prenatal Yoga 5:45-7:15, 7:40-9:10	6	7 *Mothers Unfolding 1-2:30 *Prenatal Yoga 5:30-7 *Mamas Only Post-natal Yoga 7:30-9	8 Birthing From Within Series: 7-9:30pm	9	10
11	12 *Mom & Baby Yoga 1-2:30pm *Prenatal Yoga 5:45-7:15, 7:40-9:10	13	14 *Mothers Unfolding 1-2:30 *Prenatal Yoga 5:30-7 *Mamas Only Post-natal Yoga 7:30-9	15 Birthing From Within Series: 7-9:30pm	16	17
18	19 *Mom & Baby Yoga 1-2:30pm *Prenatal Yoga 5:45-7:15, 7:40-9:10	20	21 *Mothers Unfolding 1-2:30 *Prenatal Yoga 5:30-7 *Mamas Only Post-natal Yoga 7:30-9	22 Birthing From Within Series: 7-9:30pm	23	24
25 *Mama's Art Time: Walking Sticks for Labour 4-6pm	26 *Mom & Baby Yoga 1-2:30pm *Prenatal Yoga 5:45-7:15, 7:40-9:10	27	28 *Mothers Unfolding 1-2:30 *Prenatal Yoga 5:30-7 *Mamas Only Post-natal Yoga 7:30-9	29 Birthing From Within Series: 7-9:30pm	30	

# Calendar Of Events

## July 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 No classes! Canada Day	4	5 *Mothers Unfolding 1-2:30 *Prenatal Yoga 5:30-7 *Mamas Only Post-	6 Birthing From Within Series Ends!	7	8
9	10 *Mom & Baby Yoga 1-2:30pm *Prenatal Yoga 5:45-7:15, 7:40-9:10	11	12 *Prenatal Yoga 5:30-7pm *Mamas Only Post- natal Yoga 7:30-9	13	14	15
16 Birthing Again 9am-4pm	17 *Mom & Baby Yoga 1-2:30pm *Prenatal Yoga 5:45-7:15, 7:40-9:10	18	19 *Prenatal Yoga 5:30-7pm *Mamas Only Post- natal Yoga 7:30-9	20	21	22
23 Dad & Baby Workout 1-3pm	24 *Mom & Baby Yoga 1-2:30pm *Prenatal Yoga 5:45-7:15, 7:40-9:10	25	26 *Prenatal Yoga 5:30-7pm *Mamas Only Post- natal Yoga 7:30-9	27	28 Birthing From Within Weekend Intensive	29 Birthing From Within Weekend Intensive
30 Birthing From Within Weekend Intensive	31 *Mom & Baby Yoga 1-2:30pm *Prenatal Yoga 5:45-7:15, 7:40-9:10					

## Instructor Profiles & Class Description



### Birthing From Within with Sarah Juliusson, Ms.Sc.Parent-Child Nursing

I feel deeply blessed by the opportunity to bring Birthing From Within Prenatal Classes & Mothers Unfolding Circles to Pomegranate Community Midwives. My practice is built on over fifteen years of experience with pregnant and birthing families, having served as a Childbirth Educator, Doula, and Maternity Nurse, and trained as a midwife. I am a Certified Birthing From Within Mentor, a Certified Doula, and have a Masters in Parent-Child Nursing. I am the mother of two beautiful boys—Galen, born in December 2001, and Zekiah, January 2004.



Mothers Unfolding: May 31-July 5, Aug 23-Sept 27, Sept 13-Oct 25

Fee: \$125 (\$100 with a friend) Sliding scale available

Birthing From Within Series: May 25-July 6, Sept 13-Oct 25 Fee: \$225

Birthing From Within Weekend Intensive: July 28-30, Aug 25-27, Nov 3-5 Fee:\$225

Birthing Again Workshops: July 16, Nov 25 Fee:\$100

Please contact Sarah, [sarah@dancingstarbirth.ca](mailto:sarah@dancingstarbirth.ca) for more information and registration

Also, please visit [www.dancingstarbirth.ca](http://www.dancingstarbirth.ca)

# Instructor Profiles & Class Description



## Prenatal Yoga with Lesley

10 week session \$140

Drop-in \$16.50 (if space available)

Monday evenings

2 classes are offered 5:45 to 7:15pm & 7:40 to 9:10pm

May 15th to July 31st

(no class holiday long-weekends: May 22nd, July 3rd)

Space is limited. Pre-registration recommended.

Information and registration: Lesley 604-730-9274 [lesleycrowe@telus.net](mailto:lesleycrowe@telus.net)

Pregnancy is an incredible journey. Nurture yourself and your growing baby during this special time. Enjoy a holistic program of gentle stretching, strengthening, breathing exercises, vocal toning and guided relaxation, all designed to promote a more comfortable pregnancy and confidence for birth. Beginners welcome. Suitable for all stages of pregnancy. Mats are provided.

Lesley Crowe is a certified Prenatal Yoga Teacher. She has been teaching hatha yoga for 18 years and prenatal yoga for the last 8 years in Vancouver. Her love of working with pregnant women was inspired by the amazing experience of attending the birth of her niece in 1997. She has completed specialized training with Janice Clarfield, Elizabeth Noble and Jeannine Parvati Baker. She now trains other yoga teachers in the skills of how to work safely with pregnant women through hatha yoga.



## Prenatal and Postpartum Yoga with Yvette Gabrielle

Yvette has been practicing Yoga for 17 years and teaching for 6. She brings Yoga into being a mother, wife and woman and creative living.

Postnatal Yoga for Mamas and Babes: May 15 - July 31st, 1-2:30pm

Prenatal Yoga: May 17 - July 26th, 5:30-7pm

Postnatal Yoga for Mamas Only: May 17 - July 26, 7:30-9pm

Fee: \$149 for a 12-week session, or \$15 drop-in

For more general and contact info check out [www.rootmovement.com](http://www.rootmovement.com) or email [rootmovement@telus.net](mailto:rootmovement@telus.net)

Root Movement™

## Walking Sticks for Labour with Jill Pilon

Jill has had a lifelong passion for the arts and has explored many different mediums, through years of training, learning and experience. She enjoys experimenting with pottery, oils & acrylics, jewelry and sculpture. Since the birth of her first daughter, Kali, in March 2004, Jill has found that Kali has inspired new forms of creativity and spontaneity!

Join other pregnant women on a Sunday afternoon and personalize your walking stick with paints, fabrics, beads and more. Walking sticks represent support and strength on your personal journey through labour and beyond.

Materials included.

Sunday, June 25th 4-6pm Fee: \$40





**Pomegranate Community  
Midwives**

Pomegranate Community Midwives  
2647 East Hastings Street  
Vancouver, BC  
V5K 1Z5

Phone: 604-255-5556

Fax: 604-255-5576

E-mail: [office@pomegranate-midwives.com](mailto:office@pomegranate-midwives.com)

[www.pomegranate-midwives.com](http://www.pomegranate-midwives.com)

Midwives recognize pregnancy and birth as a significant, healthy and dynamic part of a woman's life. We offer sensitive and expert care from conception to six weeks postpartum, including complete labour and birth care. BC's Registered Midwives are part of a community of allied health and maternity care professionals dedicated to a safe and satisfying experience for mothers and babies. Not only is midwifery care completely covered by BC Medical, but BC Registered Midwives are the only providers legally allowed to provide the choice of birth place: home or hospital.

We are a diverse practice of Registered Midwives who strive to create an empowering experience where clients feel respected, informed and included as active decision-makers in their care. We are focused on providing a dynamic, fun, and woman-centered vision of care to pregnant mamas and their families. Although we come from a variety of backgrounds and experiences, we all share a dedication to holistic and meaningful approaches to pregnancy, birth and postpartum.

Pomegranates are enveloped by much myth and mysticism, especially around fertility and femininity.

In Greece, pomegranates are broken on the ground at weddings and on New Years as a gesture of abundance, fertility and good fortune.

Jewish folklore and biblical text also embraces the pomegranate as a symbol of righteousness and abundance.

Today, pomegranates are recognized for their superior antioxidant qualities.

Please send us any myths or legends you know about pomegranates!