



Nancy Hawthorne supports the Russian translation of *Our Bodies, Ourselves*

"I had recently adopted two girls from a Russian orphanage," said Nancy Hawthorne on how she became involved with the Russian translation project.

For Nancy, a Boston native, her financial support of the project was a small way she could make a difference for other girls and women in Russia.

"I ... spent a fair amount of time in Russia and thought that the women of that country should have access to quality information about their own well-being," she said.

Nancy's contribution supplemented a World Bank grant and helped jump-start the project, which is being organized by a group called Women's Health in St. Petersburg.

This Russian edition of *Our Bodies, Ourselves* will be available for free online viewing later this summer, allowing Russian speakers all over the world access to information that can help many empower themselves to take care of their health and their families.

"[My contribution] was simple, small, doable, and a good thing for half the population of Russia," Nancy said. "Who wouldn't sign up?"

For more information on how you can support Our Bodies Ourselves projects, please contact Ayesha Chatterjee at ayasha@bwhbc.org or call (617) 451-3666, ext. 12.

Our Bodies, Our World:

The Global Translation/Adaptation program helps create exciting resources

In the rocky foothills of India's Himalayan mountains, a group of exiled Tibetan nuns huddle together, carefully studying the diagrams and words of a book called *Healthy Body, Healthy Mind*. Last summer, former Our Bodies Ourselves intern Jessica Mack traveled to this remote corner of the world to help distribute this health resource book, which was inspired by *Our Bodies, Ourselves*.

"We learned that at about half the nunneries, there was neither a medical doctor, nor an amchi (traditional Tibetan doctor) present in the village," said Jessica. "Therefore, health care is an outstanding problem for nuns and villagers alike." She is planning to return to the region this year for further evaluation of how the books are received and used.

The Global Translation/Adaptation (T/A) Program assists women's groups (like the Tibetan nuns in India) as they translate and culturally adapt *Our Bodies, Ourselves* (OBOS) for women and girls in their communities, creating dynamic tools for reproductive health literacy and empowerment, advocacy, and social change.

The program's Boston-based staff is currently providing technical assistance to women's groups in Israel, Nepal, Nigeria, Turkey, Russia, East Africa, Bangladesh, and India.



Women from a community in Tibet take a look at Tibetan women's health resource books adapted from *Our Bodies, Ourselves*. A group of Tibetan nuns organized the project. Former Our Bodies Ourselves intern Jessica Mack snapped this photo on a recent trip.

These groups often face not only the challenges of adapting OBOS, but also the challenge of having these adaptations reach the women who most need health information. This often requires creative solutions. For example, in order to reach women of varying literacy levels, our partners in Nigeria have adapted OBOS into more inclusive formats like posters and stickers in local dialects. These are placed in areas that many local women frequent—such as taxi boats that take women to and from the marketplace. To expand their impact, the coordinators are also planning a campaign to ride motorcycles from village to village while broadcasting health information via megaphones, and are training village hair dressers as peer health educators.

Much like Our Bodies Ourselves, these international groups produce more than just books and publications—they inspire health movements within their own countries. For example, this year in Nepal (the only country where life expectancy is lower for women than men), the group succeeded in helping to get reproductive health and rights incorporated into the country's new constitution. This was in addition to adapting OBOS into seven training booklets in Nepali for community workshops. The group is poised to create even more change in their country in the coming years.

The very existence of some groups represents a special victory. In particular, a group of Israeli and Palestinian women in Israel are working together to develop both Hebrew and Arabic adaptations of OBOS.

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Our Bodies, Our World

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With a coordinator recently receiving a Social Entrepreneur Fellowship recognizing her as one of "Israel's New Leaders," the group is ready to bring both much-needed health information and cooperative understanding to their respective communities.

To augment the efforts made by our partners towards increased global access, excerpts from different foreign language editions are now available on our website. In 2006, we introduced online excerpts in Polish and Albanian, and this year we will add excerpts in Russian, Nepali, and

French (developed for French-speaking Africa).

Finally, this year in a new initiative with Ipas and the World Bank, we disbursed six sub-grants to adaptation projects around the world.

It is essential that along with these sub-grants we secure funds to sustain the work of our Boston-based staff, which makes these innovative projects possible.

Your support of our work will enable us to continue to reach women and girls worldwide with vital health and sexuality information.



Global Translation/Adaptation staff members Ayesha Chatterjee (left) and Sally Whelan (right) with Codou Bop (center), the coordinator of the French-African book inspired by *Our Bodies, Ourselves*, during a recent visit.

Our Bodies, Our Blog:

A daily dose of women's health news

Log on to www.ourbodiesourblog.org for your daily hit of the news and controversies in women's health. Whether our intrepid blogger Christine Cupaiuolo is examining why anti-feminist studies receive so much media attention or why it's still hard to get Plan B, despite its over-the-counter status, her writing will make you think and laugh—and maybe even inspire you to get involved. Here's a sampling of topics covered in recent months:

Pregnant Need Not Apply:
 "A record 4,901 pregnancy

discrimination complaints were filed nationwide with the U.S. Equal Employment Opportunity Commission and state and local fair employment practices agencies in fiscal year 2006. That is a 23 percent increase since 1997, making it one of the fastest-growing workplace bias complaints, according to federal officials," reports the *Baltimore Sun*.

Shortage of Obstetricians in

Japan: "Since losing its last obstetrician five years ago, this city [Tono] of nearly 32,000 in rural northern Japan has been desperately seeking a replacement. So desperately, in fact, that it recently promised a horse to any obstetrician willing to come here," reports the

New York Times. "There have been no takers yet. In the meantime, the city has adopted a high-tech measure that may portend the future of child delivery in Japan: pregnant women are examined remotely by obstetricians using real-time data transmitted to the doctors' cellphones."

The Fantasies of Straight Women: Add Ironing Board?:

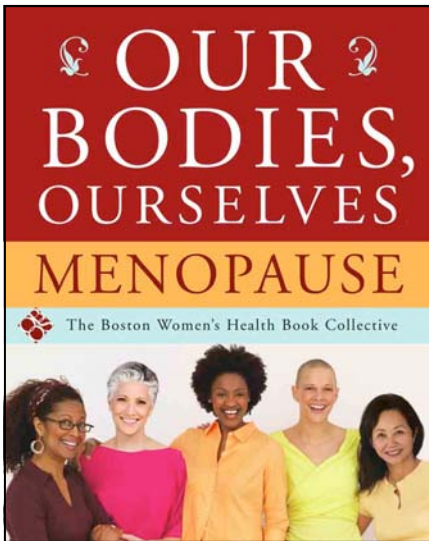
"The [Cambridge Women's Pornography Cooperative] says that when it comes to pornography, what really turns women on is men who clean the bathroom without being asked, or make a gourmet dinner, or bring home flowers for no reason, or volunteer to watch the kids," reports the *San Diego Union-Tribune*. Those fantasies, involving some muscular guys posed by photographer Susan Alexander, play out in "Porn for Women" (Chronicle Books, \$12.95).

* * *

Your support and donations are needed to help keep this important news resource up-to-date.

Feministing.com, one of the most popular sites on feminism, had this to say about our new blog:

"A big welcome to a fantastic blog on women's health that's recently been launched, *Our Bodies, Our Blog*. Created by *Our Bodies Ourselves*, the blog serves as a daily news source of analysis on women's health issues, and it rocks."



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Our Bodies, Ourselves: Menopause

New book receives glowing reviews

Since last fall, *Our Bodies Ourselves: Menopause* has received raves from women all over the country. Here are a few:

I read Our Bodies, Ourselves: Menopause straight through, admiring the clear explanations and the straightforward principles that anchor every chapter.

- Emily Toth, *Women's Review of Books*

Our Bodies, Ourselves: Menopause helps women sort through the information overload with clear and comprehensible language in an empowering and accessible format.

-Marcy Bloom, *Yes Magazine*

It's very reassuring about the normalcy of the process, and ... stresses the importance of making your own choices. Most importantly, it tells me what to expect. And darnit, it's interesting ... I'm reading it with the dedicated attention of a whodunnit.

-Esther Schindler, Amazon.com customer reviews

For more information about this resource, or to purchase your own copy, please visit

www.ourbodiesourselves.org.

Our Bodies—Online

Your online resource for women's health information

Our website provides trustworthy and up-to-date information on women's health to an ever-growing audience.

In the past several months we've expanded our online women's health information center to include content on Gardasil, the new HPV vaccine; the risks of cesarean sections compared to vaginal births; the influence of pharmaceutical companies on supposed evidence-based

care guidelines; the ongoing concerns about silicone breast implants, despite the FDA's recent approval; and many other women's health topics.

Check out
www.ourbodiesourselves.org
 for an up-to-date
 women's health resource.

Our website also provides easy access to materials produced by our different programs, including excerpts from foreign language translations and adaptations of *Our Bodies, Ourselves*; the *Guía de Capacitación para Promotoras de Salud*, our Spanish-language health promotion guides, and excerpts and expanded material from *Our Bodies, Ourselves: Menopause*.

Hot off the Press

Women's health op-eds printed in major papers

Our Bodies Ourselves frequently collaborates with colleagues in the medical field to produce opinion pieces on key policy issues that affect women.

This year, we've written several op-eds for the *Boston Globe* and the *Atlanta Journal Constitution*. Topics have ranged from breast implants to drug safety. In the coming months, we will publish a piece on health care reform as well. Stay tuned!

Teen Voices teams up for new project!

Teen magazine *Teen Voices* will be joining forces with *Our Bodies Ourselves* this summer and fall to create new mental health resources for teenagers.

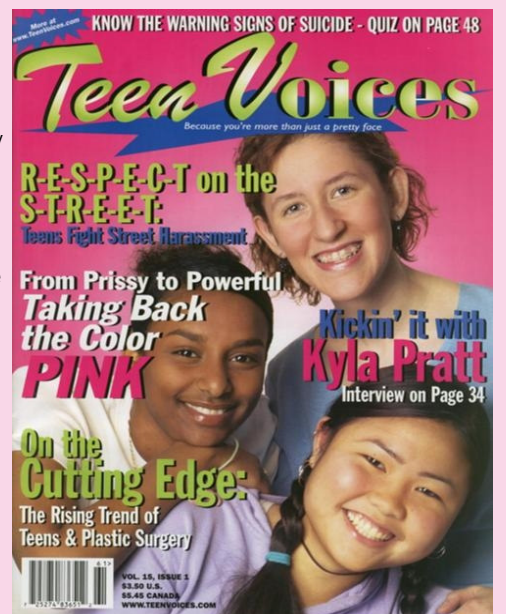
"Adolescent girls need the empowering information that *Our Bodies Ourselves* can provide, but these days, fewer are getting this from books," said Heather Stephenson, *Our Bodies Ourselves* program manager and organizer of this project. "Teens may prefer to get health information online, or from magazines or handouts that can be tucked into a bag or under a pillow."

Funded by a generous grant from the Frederick & Margaret L. Weyerhaeuser Foundation, the project will create modules that focus on adolescent mental health.

These modules, written by and for teens, will be publicized and distributed through our blog and website, online sites that many teens visit (such as MySpace.com and Facebook.com), and in print and online versions of *Teen Voices*.

The modules will be written in an accessible voice that weaves the stories of teenage girls together with health information, much like the traditional format of other *Our Bodies Ourselves* publications. Topics will include depression, suicide, anxiety, and self-esteem builders.

If additional funding can be secured, we would like to expand the distribution of these important resources and work with teens on other topics that they identify as central to their health.



Public Voice and Advocacy

Our staff members frequently speak at venues around the country, educating women on health topics ranging from body image to menopause. Here are just a few of the schools we've visited this year:

- University of North Carolina, Charlotte, NC
- Simmons College, Boston, MA
- Reproductive Health Matters Symposium at McGill University, Montreal, Canada
- Women's Leadership Conference at George Washington University, Washington, DC
- St. Louis Community College, St. Louis, MO
- Drexel University, Philadelphia, PA

We were also honored to have our executive director, Judy Norsigian, chosen to receive an honorary doctorate this May from Boston University. She was the commencement speaker for the Boston University School of Public Health, which has been a close institutional collaborator on a number of projects.

With your help, we can reach out to even more schools and communities in the coming months!

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Publications Program Manager Heather Stephenson (left) with former staff member Sarah Light at the Women, Action & Media conference at MIT in Cambridge, MA. Other staff members led a panel discussion on ways to share women's health information with communities that are difficult to reach via books.

Welcome to New Board Members

We have three exciting new additions to our board of directors. A warm welcome to:

Benjamin Albert, JD, MBA, currently a student at the University of Connecticut School of Medicine;

Bylye Avery, founder of the National Black Women's Health Project (now called the Black Women's Health Imperative);

and **Jessica Halverson**, who has recently completed her MBA in public and nonprofit management at Boston University. Jessica is also a former *Our Bodies, Ourselves* staff member.

We would also like to welcome **Gloria Feldt** to our national advisory board. The former president and CEO of Planned Parenthood Federation of America, Gloria is a contributor to *Our Bodies, Ourselves: Menopause* and the author of *The War on Choice* and *Behind Every Choice Is a Story*.

Simone Otus Coxe supports the Turkish translation of *Our Bodies, Ourselves*

In Turkey, a country dominated by a conservative government, even self-proclaimed feminists in the Turkish women's movement lack health information, says Filiz Ayla, the organizer of the women's group Mavi Kalem. To address this problem, the group has recently translated and adapted 16 chapters from *Our Bodies, Ourselves*.



This project was helped along by a generous donation from Simone Otus Coxe of Palo Alto, California.

"It is vitally important that women have access to information about themselves," says Simone, who grew up with the book in the 1970s.

She decided to help fund the Turkish project after meeting executive director Judy Norsigian at a

house party. "She talked about the importance of bringing that information and awareness to women around the world." Because her father grew up in Turkey, Simone had a particular interest in helping women from that area of the world.

"Giving them information and a safe way to learn about themselves is a huge step forward in ... enabling them to participate in both the public and private spheres much more effectively."

With Simone's aid and World Bank funding, Mavi Kalem has also launched a companion website, positioning it as a networking and advocacy tool for women's health and rights activists throughout the country.

To find out how you can help women's groups like Mavi Kalem, please contact: Ayesha Chatterjee at ayesha@bwhbc.org or call (617) 451-3666, ext. 12.

A Few Good Hosts?

Help support our work with a party!

Like parties? Want to help support Our Bodies Ourselves projects and programs? Then please consider hosting a house party on behalf of the organization!

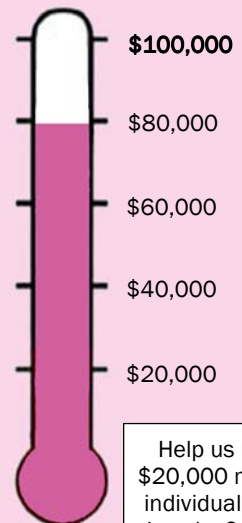
Over the past year, many supporters like you have organized gatherings right in their own cities, including Boston, New York, Seattle, and Los Angeles.

The events are as simple or as extravagant as the host chooses, and they are an important way for women to learn about our organization and work, as well as a way to share health information on issues important to the host and guests.

In many cases, our staff members, founders, and book authors attend these parties to introduce the organization on a more personal level.

For more information on hosting your own party, please contact Anne at: office@bwhbc.org, or call (617) 451-3666, ext. 10.

Help us Reach Our Goal for Individual Donations:



Help us raise \$20,000 more in individual donations by October!

A Special Note from Two Glorias:

Dear Friends:

It's a happy accident that two young mothers, one in Texas and one in Ohio, named their daughters Gloria. It's no accident that we are writing you together today.

For us and millions of other women, Our Bodies Ourselves has been a source of accurate, practical, woman-centered and activist-oriented health information for three decades; the sort of knowledge we rarely get from our expensive, over-burdened, and often politicized health care system.

Today, Our Bodies Ourselves is more important than ever because:

- The Supreme Court has just ruled for the first time that a woman's health is not a doctor's primary concern if she needs a late-term abortion. "Property of the U.S. Government" is now beginning to be written across women's wombs.
- Sex education in public schools is often reduced to abstinence-only programs by Bush administration funding restrictions—despite the fact that a study by Texas A&M shows high school students in Bush's own state actually became more sexually active and less well-informed after such programs.
- In Iraq, where the U.S. occupation was supposed to improve the health and status of women and girls, nearly every education, health care, welfare, housing, child care, and food assistance program aimed at women has been systematically de-funded. Polls show that Iraqi women now feel less safe, and are less able to leave their homes, than before the U.S. military intervention.

This list of problems could go on—you know them already in your own life. But we're writing today with a solution—a solution needed by new generations of women, policy makers on women's health care issues, and health practitioners themselves here and around the world: enlightening information and new ways of delivering it, all brought to you by Our Bodies Ourselves.

Here is a shopping list of activities that your help would expand:

- An educational campaign surrounding the launch of the new Our Bodies Ourselves book on pregnancy and birth. This will involve dozens of childbirth education organizations, midwifery groups, and maternity care institutions. Such a campaign is vitally necessary now, as the cesarean section rate has climbed higher than ever before, misinformation is widespread, and childbearing options are narrowing.
- Our Bodies, Our Blog. This lively blog on women's health news is funded only through mid-2007. It *must* continue.
- The Global Translation/Adaptation Program. Our Bodies Ourselves is currently working closely with groups in Israel, Nepal, Nigeria, and Turkey, among others, where women are adapting *Our Bodies, Ourselves* into appropriate formats for their communities. These will join previous adaptations of *Our Bodies, Ourselves*, which now appears in over 20 languages.
- Ongoing outreach to the media. Our Bodies Ourselves' feminist and consumer perspective often appears in articles and news coverage as counterpoint to the distortions and misinformation of commercial interests.

That's why together, we are asking you to make your tax-deductible donation today, either by check or online at www.ourbodiesourselves.org. As a thank you for contributions of \$100 or more, Our Bodies Ourselves will send a copy of *Our Bodies, Ourselves: Menopause* either for you or to give as a gift.

Remember: What seems impossible alone is possible together.

With friendship,

Maryanne Russell Photography



A handwritten signature in cursive script that reads "Gloria Feldt".

Gloria Feldt
Author, Activist, and Former President of
Planned Parenthood Federation of America



A handwritten signature in cursive script that reads "Gloria Steinem".

Gloria Steinem
Writer and Feminist Organizer

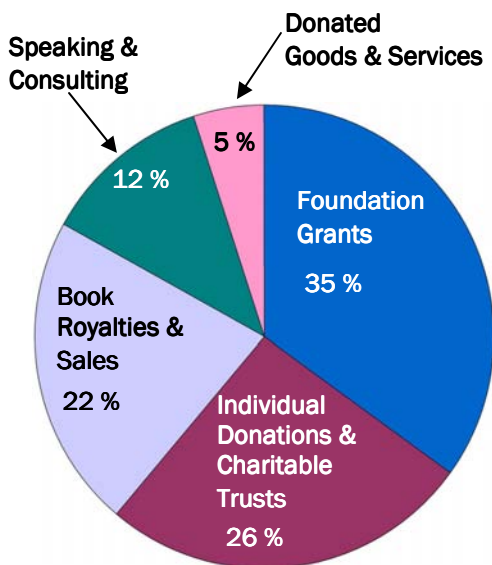


Our Bodies Ourselves

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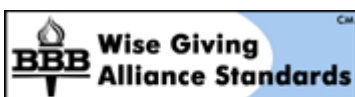
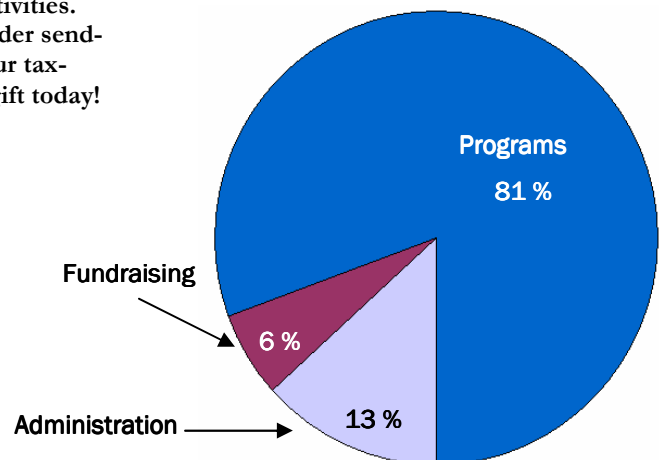
Our Bodies Ourselves Income Sources for 2006



Our Bodies Ourselves relies heavily on individual charitable donations to fund all project activities. Please consider sending in your tax-deductible gift today!

Our Bodies Ourselves Expenditures for 2006

Our organization makes efficient use of all our resources and allocates more than 81% of our approximately half-million-dollar budget to program activities. Please support this groundbreaking work.



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