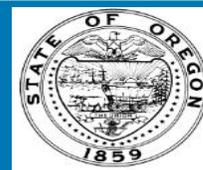


OREGON

COMMISSION ON BLACK AFFAIRS



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African American Owned and Operated

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Shafia M. Monroe is the Founder and President of International Center for Traditional Childbearing (ICTC) and community activist devoted to infant mortality prevention, breastfeeding promotion, and increasing the number of midwives of color.

Miss Shafia's approach is rooted in African Midwifery Traditions, where the midwife educated the community, and focused on holistic practices to bring families together in order to ensure the health of the mother and child. Miss Shafia serves in the legacy of midwives that come out of the old South.

In addition to being a Certified Midwife by the Massachusetts Midwives Alliance, she is also a Childbirth Educator, a Doula Trainer, and mother of seven children. Shafia M. Monroe is a health activist, organizer, and international speaker. She holds a BA in sociology, with a concentration in

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What Does Wellness Mean To You?

Mission
To strengthen and unify the Black and African American Community by providing a medium for addressing important issues as well as disseminating useful information.

- **Wellness** is the act of bringing your body and soul to the highest and healthiest level it can be at. We attain **wellness** through **physical** activities that make our body stronger, **spiritual** endeavors that help our soul, and times of reflection that make our **mind** more aware.
- The ability to integrate healthy choices into everyday living. It is the awareness followed by the choices that determine the degree of **wellness**.
- **Wellness** is the compilation of secure self-esteem and confidence, good **physical** health, and a desire to be the best that you can be. All of these traits work together to form **wellness**.
- **Emotional, mental, and physical** health a person achieves in ways fit for them. Making healthy choices that will better the body, mind, and **spirit**.
- Maintaining a healthy lifestyle with a balance between physical,

What Does Wellness Meant to You? continues on page 3

Stop Living on Auto-Pilot

Who are you? What do you believe? What do you really need?

When we discover who we really are, we stop living on auto-pilot and start to live with intention, focus and purpose. Our choices become clearer. We begin to make active choices in our life, instead of making excuses or passively living with the status quo.

If you feel a disconnect between your work and your life, then maybe your initial plans haven't been very successful at helping you carry out your passion about who you are, what you believe, or what you really need.

Think about these questions and consider actually writing down your answers. This gives your thoughts a permanent home, and once you have them out of your mind, you not only have a reference for what to work on, but you also have a clearer head to do so.

- What makes you happy?
- What ideas or thoughts do you have that you haven't expressed?
- What do you value most?
- What unique gifts, talents and skills do you bring to the world? How are you using them (or not)?
- Who do you need to forgive? How about yourself?
- What beliefs are holding you back or getting in your way?
- What can you let go of in your life?

Be honest. Now is the time to start being candid about who you really are. Encouraging those un-lived parts of ourselves to emerge can provide an exhilarating sense of discovery and optimism, a new source of energy to carry out your passion and define a new path for your career.

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medical sociology, from the University of Massachusetts. Monroe is the founder and President of the International Center for Traditional Childbearing (ICTC); the nation's first Black midwifery training, breastfeeding promotion and capacity building non-profit organization, headquartered in Portland, Oregon.

Monroe's African spiritual and ritual-based practice was also chronicled in a photographic essay in the Boston Globe before her move to Portland in the early 1990s. For over twenty years, Shafia has successfully reached out to Black women from every walk of life and has served as a midwife for thousands of women. Shafia has conducted countless childbirth classes, breastfeeding promotion classes, parenting classes and worked on legislation with others to help bring the services of midwives to all women.

Along with the Creator's blessings, Monroe attributes her success to incorporating African and Southern outreach traditions; aiding families in communicating with their health care providers for quality health care, infant mortality reduction and sustained breastfeeding. Her midwifery training model has been embraced by members of different backgrounds, cultures and nationalities because of its traditional perspective and its foundation of cultural competency.

For additional information about ICTC or to make a donation, please visit the website at <http://www.ictcmidwives.org/aboutus.html>.

Bicycle Safety in Oregon

As a mode of transportation or just for fun, the bicycle is a remarkably simple and satisfying machine. In fact, bicycling is so addictively pleasant that it is synonymous with fun, exercise, and good times. However, head injuries on a bicycle are not fun. It is very serious, and the challenge to an individual to find his way again is enormous.

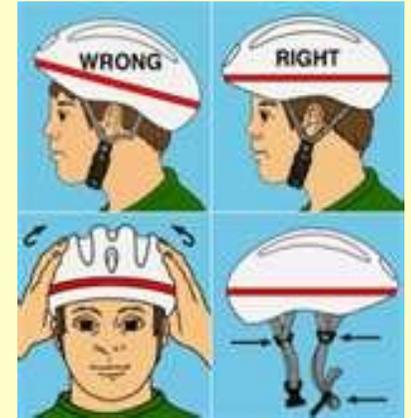
Oregon law requires anyone under the age of 16 to wear a helmet when riding a bicycle. Health officials and Cycling organizations strongly encourage all riders to wear helmets, not just those under 16. According to Wearahelmet.org, 85 percent of serious cycling accident brain injuries could be prevented by wearing a helmet.

Bicycles are considered vehicles, and have the same rights and responsibilities as automobiles. Cyclists must use hand signals when turning and must obey all traffic signs. At night cyclists must have a front and rear light. Safety officials encourage wearing bright clothing to be more visible.

The Oregon Department of Motor Vehicles has issued a pamphlet on bicycle safety, which can be obtained at any DMV office. It outlines precautions cyclists should take, as well as responsibilities on the road.

Go to <http://www.bhsi.org/mandator.htm> for information about bicycle helmet laws nationwide.

Please take the time to make sure your helmet is properly secured on your head.



What Does Wellness Mean to You? continued from page 1

emotional, spiritual, psychological, and social health.

- A positive feeling that one has about their whole self, including **mind, body, and spirit**. Living a healthy lifestyle for that particular person. Always thinking about ways to achieve a higher state of health.
- The process of making choices which will contribute to sustaining or improving the quality of life in the universe, including air, water and land quality in the **environment**.
- When **mind** and **body** are in sync in a healthy fashion to provide an overall sense of health.
- Overall satisfaction with the body. Being complete as a person - **mind, body, spirit**, and feeling good and happy about being there - or at least trying to reach it.
- **Wellness** is the healthy balance of the different areas of life.

Have fun.

Play smart.

Live well.

Community Resource Links to Fun

Parks

[City of Forest Grove Parks and Recreation](http://www.ci.forest-grove.or.us/parks1.html)

<http://www.ci.forest-grove.or.us/parks1.html>

[City of Tualatin Parks](http://www.ci.tualatin.or.us/parks/CSD%20Home%20Page.htm)

<http://www.ci.tualatin.or.us/parks/CSD%20Home%20Page.htm>

[Clackamas County Parks Department](http://www.clackamas.us/dtd/parks/htmls/park.html)

<http://www.clackamas.us/dtd/parks/htmls/park.html>

[Clark County Parks](http://www.co.clark.wa.us/envirom/parks/parks.htm)

<http://www.co.clark.wa.us/envirom/parks/parks.htm>

[Columbia County Parks](http://www.columbia-center.org/colparks/colparks.htm)

<http://www.columbia-center.org/colparks/colparks.htm>

[Hillsboro Parks and Recreation](http://www.ci.hillsboro.or.us/ParksRec/Default.asp)

<http://www.ci.hillsboro.or.us/ParksRec/Default.asp>

[Metro Parks and Green spaces](http://www.metro-region.org/parks/parks.html)

<http://www.metro-region.org/parks/parks.html>

[Oregon State Parks](http://www.prd.state.or.us/)

<http://www.prd.state.or.us/>

[Oregon Zoo](http://www.oregonzoo.org)

www.oregonzoo.org

[Portland Parks and Recreation](http://www.parks.ci.portland.or.us/)

<http://www.parks.ci.portland.or.us/>

[Tualatin Hills Parks and Recreation District](http://www.thprd.org)

<http://www.thprd.org>

[Vista House, Crown Point State Park](http://www.vistahouse.com)

<http://www.vistahouse.com>

[Washington County Parks](http://www.co.washington.or.us/deptmts/sup_serv/fac_mgt/fac_mgt.htm)

http://www.co.washington.or.us/deptmts/sup_serv/fac_mgt/fac_mgt.htm

[Washington State Parks and Recreation](http://www.parks.wa.gov/)

<http://www.parks.wa.gov/>

Recreation and Sports

Bicycling see: [CascadeLink Transportation: Bicycling](http://www.cascadelink.org/trans/Bicycling)

<http://www.cascadelink.org/trans/>

[Clark County Indoor Play Park](http://www.ccipp.com/)

<http://www.ccipp.com/>

[Fishing and Hunting Guides](http://www.hunting-fishing-guides.com/)

<http://www.hunting-fishing-guides.com/>

[Hunting the NorthWest](http://www.huntingnw.iwarp.com/)

<http://www.huntingnw.iwarp.com/>

[Multnomah Greyhound Park](http://www.ez2winmgp.com/)

<http://www.ez2winmgp.com/>

[Oregon Department of Fish and Wildlife](http://www.dfw.state.or.us/)

<http://www.dfw.state.or.us/>

[Oregon Hang Gliding](http://www.oregonhanggliding.com/)

<http://www.oregonhanggliding.com/>

[Oregon Hunting Trail](http://www.oregon.thehuntingtrail.net/)

<http://www.oregon.thehuntingtrail.net/>

[Portland Marathon](http://www.portlandmarathon.org/)

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

[Portland Trail Blazers](http://www.ripacity.com)

<http://www.ripacity.com>

[Portland Winter Hawks](http://www.winterhawks.com)

<http://www.winterhawks.com>

[Sail Portland](http://www.leftblank.com/sailpdx/)

<http://www.leftblank.com/sailpdx/>

Walking see: [CascadeLink Transportation: Walking](http://www.cascadelink.org/trans/Walking)

<http://www.cascadelink.org/trans/>

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Clifford Walker, Chair Mariahm Stephenson, Vice-Chair

Jennifer Doncan Carlos Richard Phylis Rand

Willie Woolfolk Representative Lew Frederick

Senator Rod Monroe Joy Howard, Executive Assistant - OACO

OCBA Public Meeting Dates

<http://www.oregon.gov/OCBA/meetings.shtml>