

Happy Birthday to SMCR!

Celebrating SMCR's 40th Anniversary of Research and
Advocacy to Improve Menstrual Health and Experience



Highlights from Then to Now

In 2017, the Society for Menstrual Cycle Research (SMCR) celebrates its 40th anniversary! SMCR was founded in 1977 by a multidisciplinary group of women who were pioneers in understanding the centrality of menstrual cycle research to women's health.

In it at the beginning were:

Jeanne Brooks-Gunn (Psychology)
Alice Dan (Psychology)
Inge Dyrenfurth (Ob/Gyn)
Mary Anna Friederich (Ob/Gyn)
Suzanne Gage (Self Help)
Sharon Golub (Psychology)
Effie Graham (Nursing/Psychology)
Margarita Kay (Anthropology)
Randi Damon Koeske (Social Psychology)
Pauline Komnenich (Nursing)
Virginian Oleson (Sociology)
Esther Rome (Women's Health)
Karen Maitland Schilling (Psychology)
Michael Smolensky (Physiology)
Ann Voda (Physiology/Nursing)
Nancy Fugate Woods (Epidemiology/Nursing)

What follows, drawn from 22 conference programs and countless newsletters, is a very *abbreviated account* of SMCR work, and play, over the years (with apologies for not being able to mention by name all who have contributed to our legacy).

1977, 1978, 1979: 3 conferences in 3 years... Our founders began the work of building a new knowledge base related to menstrual experience; proceedings published in the first 3 of 7 foundational books:

The Menstrual Cycle, Volume I: A Synthesis of Interdisciplinary Research; edited by Alice J. Dan, Effie A. Graham & Carol P. Beecher. New York: Springer Publishing Co., 1980

The Menstrual Cycle, Volume II: Research and Implications for Women's Health; edited by Pauline Komnenich, S.N. Elder, M. McSweeney & J.A. Novak. New York: Springer Publishing Co., 1980

Changing Perspectives on Menopause; edited by Ann M. Voda, Myra Dinnerstein & Sheryl R. O'Donnell. Austin: University of Texas Press, 1982

See http://www.menstruationresearch.org/conferences/#conference_publications for additional conference related publications over the years.

1981: Menarche

- Keynotes: **Rose Frisch, Karen Paige; Anne Peterson, Michelle Warren**
- Proceedings result in the publication of a 4th foundational book:
Menarche: The Transition from Girl to Woman; edited by Sharon Golub. Lexington, MA: Lexington Books, D.C. Health & Co., 1983
- **Koeske, McHugh and Frieze** publish Guidelines for Nonsexist Research in Psychology, Report of the Task Force of Division 35, American Psychological Association forging early ties to today's Society for Women in Psychology
- **Mary Brown Parlee's** work on PMS (dating back to her 1973 Psychological Bulletin publication) is reviewed in **Ms Magazine**
- **Greif and Ullman** publish an important paper, The Psychological Impact of Menarche on Early Adolescent Development (Child Development, (53), 1412-1430), which articulates the need for adopting a biopsychosocial approach to the study of menstrual experience – a departure from previous research perspectives
- **1982: The SMCR Newsletter, RE-CYCLING** was launched with **Randi Koeske** as the 1st editor. What's in a Name? Koeske wrote:

One relevant meaning of recycling, for example is reclaiming: reprocessing waste material to produce something of new value... Another relevant meaning of recycling is starting over: passing through a series of changes again or returning to an earlier state. This meaning echoes another commitment of our Society – to begin anew the search for information and explanation about women's bodies and women's lives, to reexamine the traditional "truths" and the traditional pathways to knowledge which have generated those "truths".

Starting over signifies rebirth: the sense that something new can be created from a past “life”. It also connotes coming full circle: seeing endings as beginnings and beginnings as endings, rather than measuring change in terms of linear progression or regression.

A final relevant meaning of recycling is highlighted by the use of hyphenation: recycling is re-cycling and cycles have a broad significance for our Society. Cycles provide important themes in a woman’s life. They link her to her body, to the lives of future generations, and, often, to the health care system. They provide metaphors for the many developmental phases of her existence. They serve as a “window” to the biological, psychological, experiential, societal, and cultural factors that interact to influence her reproduction, sexuality, health, life opportunities and emotionality. They are often the focus of powerful professional and societal myths about her “true nature”, making her a symbol and social object as well as a human being.

RE-CYCLING can be a symbolic reminder of our Society’s commitment to reclaiming, starting over, and refocusing attention on the cycles of a woman’s life in all their complexity.

1983: Sociocultural Perspectives on the Menstrual Cycle: An Interdisciplinary Research Conference

- This conference underscores the Society’s commitment to acknowledging the importance of social and cultural aspects of menstrual experience and its effort to share this new research to women’s health care practitioners
- Proceedings result in the publication of a 5th foundational book:
Culture, Society and Menstruation: edited by Virginia L. Oleson and Nancy Fugate Woods. New York: Hemisphere, Harper & Row, 1986

1985: Clinical Applications and Sociocultural Implications

- Keynote: **Dr. Jane Endicott** “Premenstrual “Changes: An Overview”
- Tampon safety brought to our attention by **Esther Rome and Nancy Reame** – advancing our ties to **Boston Women’s Health Collective**
- The Beeper Study: **LeFerve, Church, Hedricks and McClintock**: electronic pagers monitor mood, cognitive state, activities, location across the cycle
- Proceedings resulted in the publication of a 6th foundational book:
 - Menstrual Health in Women’s Lives; edited by Alice J. Dan and Linda L. Lewis. Champaign, IL. University of Illinois Press.

- **Phyllis Kernoff Mansfield** describes her proposed work to improve research on menstrual patterns of midlife women by employing improved sampling, the use of standardized terminology and more accurate reporting of menstrual events
- Fall 1985: Task Force headed by Drs. Robert Spitzer, Susan Blumenthal and Jane Endicott propose considering adding PMS as mental disorder in the DSM-III
- **Michelle Harrison** publishes a new edition of "Self-Help for Premenstrual Syndrome"
- **Ann Voda** publishes "Menopause, Me and You" – emphasizing menopause as normal event, and takes over the reins of the Tremin Trust
- **Janine O'Leary Cobb** publishes "A Friend Indeed" – intended to offer an exchange of information about menopause to help women make knowledgeable decisions
- Winter 1986: Society members consider guidelines for menstrual cycle research related to how best to determine cycle phase

1987: **Sexuality and the Menstrual Cycle: Clinical and Sociocultural Implications**

- Keynotes:
 - **Dr. Winnifred Cutler**: "The Role of the Menstrual Cycle in Sexual Behavior in Women"
 - **Roger Haskett**: "Development of Diagnostic criteria for Premenstrual Syndrome – Help or Hinderance?"
 - **Barbara Czwewinski** (the First Tambrands Lecture) presents on menstrual hygiene in space
- Another eye-opening presentation: **Lorraine Rothman**: "Redefinition of the Clitoris" from New View of Women's Bodies, The Federation of Feminist Women's Health Networks; detailed drawings and photographs to demystify women's bodies and empower vaginal self-examination and other self-help techniques
- Proceedings resulted in the publication of a 7th foundational book:
Menstruation, Health and Illness: edited by Diana L. Taylor and Nancy Fugate Woods. Bristol, Penn.: Hemisphere, 1991
- Conference accommodations: student dorms - \$15-\$30/per night; hotel accommodations (\$80-\$95/per night)!

1989: **Menopause: Clinical and Sociocultural Implications of the Closure of Menstrual Life**

- Keynote: **Elizabeth Barrett-Conner** on the beneficial and detrimental effects of estrogen replacement therapy
- **Mary Jones** takes over as newsletter editor

- **Jerilynn Prior** suggests writing letters to journal editors likely to be printing material related to women and the menstrual cycle to change to a double blind peer review system
- Spring 1989:
 - **Chrisler** and colleagues present findings from their content analysis of descriptions of PMS in magazine articles between 1980 and 1987 indicating a bias in favor of reporting negative menstrual cycle changes
 - **Margie Ripper's** work on the need for multimethod approaches to menstrual cycle research is needed to reveal the importance of the social and cultural context of menstruation is mentioned in a newsletter editorial
- Winter 1989:
 - **Esther Rome** urges additional standardization of tampon absorbencies
 - Newsletter urges caution in evaluating research on effects of cycle on cognition
- Spring 1990: **Chrisler** and colleagues present findings from their content analysis of descriptions of PMS in magazine articles between 1980 and 1987 indicating a bias in favor of reporting negative menstrual cycle changes
- Summer 1990: a note in the newsletter announces that the FDA is looking into possible beneficial effects of Premarin on cardiac risk factors...not without controversy

1991: Mind-body Rhythmicity: A Menstrual Cycle Perspective

- Keynote speaker (Tambrands Lecture) – **Emily Martin**, drawing from her book, *The Woman in the Body*, presented an analysis of the language used in scientific medical texts to describe women's reproductive functions and how presumably factual descriptions of biological functions serve as metaphors that shape our view of ourselves and others.
- Summer 1991:
 - SMCR considers a resolution urging pharmaceutical companies and the FDA to make RU486 available for further research and use as medically indicated
 - **Cynthia Hedricks** takes over as Newsletter editor with assistance from **Barbara Sommer**
- Fall 1991: **Alice Dan** named as director the Center for Research on Women and Gender at the University of Illinois
- Winter 1992: SMCR mourns the death of Linda McKeever (a student prize in her honor is established in 1993)
- 1992: **Sharon Golub** publishes "Period"

1993: Building a Science of Menstruation Based on Women's Experiences

- Keynote Address (4th Tambrands Lecture) – **Vivian Pinn**, "The NIH Agenda for Women's Health Research," featuring the effort to represent women from all segments of society in NHI research
- Keynote panel (sponsored by Johnson and Johnson): "Issues and Controversies Surrounding Menopause"; presentations by **Francine Grodstein, Cynthia A Pearson, Ann Voda, Irv Zola**
- Invited address – **Nancy Reame**, "Recent Research Advances in Understanding Regulation of the Menstrual Cycle"
- Winter 1994: **Margie Profit** suggests menstruation is an adaptation to cleanse the reproductive tract
- June 1995: SMCR mourns the death of **Esther Rome** (a student prize is established in her honor)

1995: Broadening Our Vision: Class & Cultural Issues in Women's Health

(delivered in both French and English)

- Keynotes:
 - **Joan Anderson**: "Women, Class, Race and Health: Where Do We Go from Here?" health (before the term "intersectionality" was acknowledged or understood as it is today); advocated for inclusive research that explores concepts from the people who are being studied
 - **Jane Fulton** (Tambrands lecture): "Women's Health is the Measure of a Nation's Wellbeing: 52% Speak Out!"
- Sponsored Panel Discussion (by Johnson and Johnson): "Social Issues Affecting Women's Health"
- **Banquet Speaker: Jacqueline Pelltier, "Women in their 50's Have Power – and They Are Hot!"**
- **Chrisler** and colleagues publish a paper on the construct of Menstrual Joy (1994)
- **Voda** becomes president of the North American Menopause Society
- June, 1996: SMCR publicizes the work of the World Research Network on the Sexuality of Women and Girls, brought to our attention by **Leonore Teifer**

1997: 20th anniversary of SMCR - Looking Forward, Looking Back: The Place of Women's Everyday Lives in Health Research

- Keynote (Tambrands Lecture) – **Susan Love**, "The Medicalization of Menopause"
- **Lunchtime Speaker: Alice Rossi**, "A Life Course Perspective on the Menopausal Transition"
- Johnson & Johnson sponsored poster session and reception

- The Golden (Bronze) Tampon is passed from old to new SMCR President as the symbol of SMCR leadership
- Spring 1997:
 - **Mansfield and Voda** win \$2 million research grant to study the menopausal transition using the Tremin Trust participants
 - The 25th Anniversary Edition of The Doctor's Case Against the Pill by **Barbara Seaman** is published
- Summer 1998:
 - **Kathleen McPherson** starts the SMCR listserv; **Connie Bareford** creates the SMCR webpage;
 - **Janine O'Learly Cobb** becomes the interim newsletter editor with help from **Peggy Stubbs** (who carries on as newsletter editor until 2005)

1999: Cycling towards the Millennium: Interdisciplinary Women's Health Research

- Keynote (sponsored by Proctor & Gamble): **Ann Voda**, "SMCR Wisdom Keepers: A Review," featured the many contributions of SMCR researchers
- Banquet Speaker (Pfizer Lecture): **Nancy Mairs**, "Sex and the Gimpy Girl"
- Fall 1999:
 - Voda Lifetime Achievement award instituted
 - The FDA approves a new conjugated estrogen (in addition to Premarin) for use in the US. Leora Tannenbaum describes the tussle between Wyeth-Ayrest and the FDA approval process in the National Women's Health Network's On The Issues, Winter 1998
- Winter 1999: Concern about **dioxin** used in tampon manufacturing is raised
- 1999: **Coutinho and Segal** publish "Is Menstruation Obsolete?" and **Karen Houppert** publishes "The Curse: Confronting the Last Unmentionable Taboo – Menstruation"
- Fall 2000: The listserv moves to Penn State; **Richard Mansfield** is the new moderator

2001: A Menstrual Cycle, A Life Cycle

- Keynote Speakers:
 - **Elizabeth Kissling**, "Going with the flow: Menstruation and Popular Culture;"
 - **Lynnette Sievert**, "Symptoms Associated with Reproductive Aging in Puebla, Mexico"
 - **Valerie Whiffen**, "Attachment Theory as a Framework for Understanding Post-Partum Mood Disorders"

- **Nawal Nour, “Clinical Management of Circumcised Women”**
- Invited Panel: Writing for the General Public about Women’s Reproductive Health: **Kathleen MacPherson, Jessica Gillooly, Sharon Golub, Jerilynn Prior, Ann Voda**
- Dinner Speaker: **Paula Caplan**, “A Dramatic Monologue - Call Me crazy: Premenstrual Problems – A First Person Story”

2003: Going with the Flow: Mapping the Course of Menstrual Experience

- Keynotes and Invited Panels:
 - **Alice Dan**, “What have we Learned: A Historical View of the Society for Menstrual Cycle Research”
 - **Karen Houppert**, “Continued Reflections on the Curse”
 - **Maria Clara Whitaker**, “Political and Cultural Issues Regarding Menstrual Suppression in Brazil”
- **Wisdom Keepers, Wisdom Makers:**
 - **Diana Taylor**, “From ‘It’s All in Your Head’ to ‘Taking Back the Month:’ Mapping the Past 20 Years of Women-Centered Research about Premenstrual Syndrome”
 - **Nancy Williams**, “Exercise and the Menstrual Cycle: Psychological, Sociological and Physiological Factors”
 - **David Linton**, “Out of the Media Closet: Menstrual images in TV and Movies”
- **Menstrual Cycle Research in Pittsburgh**
 - **Roberta Ness**, “Oral Contraception, Menstrual Suppression and Ovarian Cancer”
 - **Karen Matthews**, “Hot Stuff About Menopause”
 - **Lorah Dorn**, “Early Puberty in Girls: The Case of Premature Adrenarche”
- **The Politics of the Menstrual Cycle**
 - **Nancy Worcester**, “HRT: Getting to the Heart of the Politics of Women’s Health”
 - **Paula Caplan**, “Bloodletting Makes a Comeback: How Drug Companies and the Mental Health Establishment Purvey False Cures”
- **Gateway Clipper Cruise Dinner and Jazz**
- **Video Project** featuring past SMCR Presidents; thanks, **JoEllen Wilbur**
- **Position paper on menstrual suppression** in process (headed by **Ingrid Johnston-Robedo**)
- **Position paper on the Women’s Health Initiative and Randomized Controlled Trial Data on “HRT”** approved; calling for more research on the menopausal transition (draft written by **Jerilynn Prior and Nancy Reame**)

- Summer 2002:
 - **Paula Caplan** writes: "You, Too, Can Hold a Congressional Hearing: SMCR goes to Washington about 'Premenstrual Dysphoric Disorder' and Sarafem"
 - **Chris Hitchcock** takes over the listerv
- 2002: **Diana Taylor and Stacy Colino** publish Taking Back the Month: A Personalized Solution to Managing PMS and Enhancing Your Health
- 2002: **Jerilynn Prior** announces the establishment of The Center for Menstrual Cycle and Ovulation Research (CeMCOR)
- Winter 2002: **Nancy Worcester** is the first SMCR activist

2005: Menstruation: The Fifth Vital Sign

- Keynote: **Nancy Fugate Woods**, "Women's Health Research: What's New?"
- Invited Panels:
 - "The Menstrual Cycle as a Vital Sign": **Larry Nelson, Paula Hillard, Justina Trott, Jan Werbinkski**
 - "Women & Menstruation: Developing Awareness in Women Care Providers": **Leslie Botha, Linda Pettit, Mary Ellen Arthur, Karen Betstad**
- Film: Period, The End of Menstruation by **Giovanna Chesler**; features some of the 2003 conference
- Banquet: Vagina Monologues
- Winter/Spring 2005:
 - SMCR remembers **Katharina Dalton** who died in 2004;
 - **Jerilynn Prior** and colleagues author "Transitions Through the Perimenopausal Years";
 - **OBOS** plans a book on menopause
 - **Paula Derry** becomes the newsletter editor
- Summer 2006:
 - **Jerilynn Prior** publishes "Estrogen's Storm Season"
 - **Daryl Costos** reviews **Liz Kissling's** "Capitalizing on the Curse: The Business of Menstruation"

2007: SMCR's 30th Anniversary - Ovulation: The Bellweather of Women's Well-being

- Invited Addresses:
 - **Dr. Susan Baar**, "Thinking about Food, Eating and Body Weight: Relationships with Ovulation and Women's Bone Health"
 - **Jocelyn Fitzgerald**, "A Timeline of Tremin: The Largest Ongoing Project on Women's Health and Menstruation in the World"

- Plenary Sessions:
 - Workshop: “Teaching the Cycle”: **David Linton, Chris Bobel and Liz Kissling**
 - “Ovulation, Cycles and Daily Experiences: Results from a Prospective 1-year Study of 60 Healthy Women”: **Jerilynn Prior, Christine Hitchcock, Annie Harvey**
 - “Menstrual Cycle Charting – A Path to Body Literacy”: **Megan Lalonde, Geraldine Matus, Lisa Leger, Laura Wershler**
- **Salmon BBQ at the UBC Museum of Anthropology**
- **Joan Chrisler** is honored with the Ann Voda Lifetime Achievement Award
- **Mary Anna Freiderich**, who served as SMCR secretary/treasurer for 26 years resigns; **The Mary Anna Friederich for Service to the Society for Menstrual Cycle Research Award** was created in her honor. **Peggy Stubbs** was named as the first recipient for her work as newsletter editor, attention to bylaws updates and efforts with SMCR colleagues to help SMCR conference presentations achieve publication.
- **Peggy Moloney** becomes SMCR's Treasurer
- Spring/Summer 2008: **Jerilynn Prior** writes about **Barbara Seaman** who died in February
- Winter 2008:
 - SMCR's position paper on hormone therapy and long-term disease prevention is has been updated
 - **Peggy Stubbs** and **Susannah Barsom** were invite to represent SMCR at a conference on The Menstrual Cycle and Adolescent Health. Peggy presented a paper on “Cultural Perceptions and Practices around Menarche and Adolescent Menstruation in the United States”. Susannah, referencing the Tremin Trust data, presented “The Menstrual Cycle and Adolescent Health”. Both presentations included references to related work by SMCR researchers. Proceedings of this conference were published by the New York Academy of Sciences.

2009: Menstrual Moments: Media Messages about Menstruation

- Keynote: **David Linton**, “The Rise of the Happy Period: From Shame to Humor in Mediated Menses”
- **Rachel Kauder Nalebuff**, “The Making of My *Little Red Book*”
- **2 sessions on menstruation in film**
- Fall/Winter 2009:
 - **Liz Kissling** announces plans for a blog (re:Cycling) about current issues related to menstruation, and implementing secure online payment of dues and tracking membership data

- **Maureen McHugh** writes In Memorium for **Randi Koeske** who died January 31, 2009
- **Diana Taylor** is honored with the Ann Voda Lifetime Achievement Award
- Spring, 2010:
 - **Joan Moon** announces the production of an educational CD: *A Woman's World: Discovering the Dynamic Menstrual Cycle*
 - **Chris Bobel's** *New Blood* is published
 - **David Linton** becomes the newsletter editor

2011: Embodied Consciousness, Informed Choices: Critical Perspectives on the Menstrual Cycle

- Keynotes:
 - **Sharra Vostral**, "Organisms and Objects: The Technological Health Crisis of Toxic Shock Syndrome & Rely Tampons"
 - **Dacia Charlesworth**, "Reifying the Stigmatization of 'Girl Parts': Tampax's Use of God/Devil in the Zach16 Campaign"
- Exhibition: **Alexandra Jacoby**, "Vagina Verite – An Unabashed Exploration of the Plain, Ordinary, Mysterious Matter of Vaginas"
- Plenary Panels:
 - **Menstruation and Stigma:** **Larry Nelson**, "Stigma and Emotional Health"; Carol Markstrom, "Significance of Menstruation in Native American Cultures: The Apache Sunrise Dance"; **Evelina Sterling**, "Public Health Education and the Menstrual Cycle"; **Joan Chrisler**, "Stigma by Association? The Career Progress of Menstrual Cycle Researchers"
 - **Cycling and Sustainability:** **Nancy Giff**, "No Sharks in the Woods: Menstruation Myths and Camping"; **Megan White Mukuria**, "Cycle of Life: Protecting the Planet and Alleviating Poverty through Sustainable Menstrual Management"; **Pryia Sharma and colleagues**, "Cloth Pads: A Responsible Sustainable, Natural Choice Whose Time has Come...Around Again?"; **David Linton**, "Curing the Curse in Africa: Menstrual Disability and The Corporate Cure"
- The Ann Voda Lifetime Achievement Award was presented to **Jerilynn Prior**.
- Spring 2011: A "Menstrual Cycle Think Tank" organized by **Dr. Larry Nelson** was convened in Bethesda, MD in April. The goal of the meeting was to establish a consortium to formulate a strategic plan to increase awareness, education and research on the menstrual cycle. **Peggy Stubbs, Paula Derry, Joan Moon** and **Alice Dan** attended.
- Fall 2011: Reminder: SMCR archives are at the Schlesinger Library in Boston, past Presidents should forward all records to the Library.

- Spring 2012:
 - **CeMCOR** celebrates its 10 year anniversary
 - SMCR position paper on Midlife Reproductive Transition is finalized
 - **The Women's Environmental Networks** has produced a fact sheet (Seeing Red) on menstrual
 - Management products and the environment
 - **Alexandra Jacoby's** "vagina verité" is available in book form
 - **Alice Dan** writes a tribute to **Adrienne Rich** who died recently and credits her work as inspiration to the emergence of groups like our own.
- Fall 2012:
 - The **Making Menstruation Matter Award** is established. 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.
 - SMCR becomes a sponsor of **Selling Sickness: People Before Profits**, a conference to examine the scope of disease mongering and develop strategies to resist. SMCR members (**Johnston-Robledo, Stubbs, Chrisler, Derry, Grigg-Spall, Kissling, Bobel**) plan presentations related to the medicalization of menstruation
 - **ZanaAfrica** launched an iPad art video with 100 girls in Kibera, Nairobi as advisors. The video addresses how pads and health education keep girls in school and help them achieve their dreams
 - **SMCR social media** enhance our visibility:
Website www.menstruationresearch.org
Blog <https://www.facebook.com/pages/reCycling/364690759431>
Facebook <https://www.facebook.com/MenstruationResearch>
Twitter https://twitter.com/re_Cycling_SMCR
SMCR has its own Journal!! Women's Reproductive Health – Thanks, **Joan Chrisler!**

2013: Making Menstruation Matter

- 1st Making Menstruation Matter Award presented to **Gloria Steinem** (co-sponsored by Diva Cup)
- Keynote: **Jane Ussher**, "The Madness of Women: Myth and Experience"
- **Phyllis Kernoff Mansfield** received the Ann Voda Lifetime Achievement award
- Plenary panels:

- “Promoting the Menstrual Cycle as a Key Component of Women's Health: A Public Health Perspective” - **Evelina Sterling, Heather Guidone, Diana Karczmarczyk**
- “Using Social Media to Promote a Women's Health Agenda” - **Elizabeth Kissing, Josefin Persdotter, Leonore Tiefer, Laura Wershler**
- Red Moon Howl: Poetry Slam, Open Mic
- Spring 2013: **Jane Ussher**, noted as editor of the Routledge's Women in Psychology series author of a number of books, including: *The Psychology of the Female Body*; *Women's Madness: Misogyny or Mental Illness?*; *Fantasies of Femininity: Reframing the Boundaries of Sex*; *Managing the Monstrous Feminine: Regulating the Reproductive Body*; and *The Madness of Women: Myths and Experience*
- Winter 2014:
 - The newsletter is renamed The Periodical
 - SMCR collaborates with WASH-United to publicize/celebrate Menstrual Hygiene day – every May 28th
- Spring 2014:
 - Congresswoman **Carolyn Maloney** has been working for 20 years to enact into law a bill to promote tampon safety. Her bill is named The Robin Danielson Bill, to honor a woman who died of Toxic Shock Syndrome.
 - In March, **Josefin Persdotter** with **Arvda Byström** organized an art show in Gotheburg, Sweden featuring 11 menstrual artists from all over the world

2015: Menstrual Health and Reproductive Justice: Human Rights Across the Lifespan – Because Menstrual Health is a Human Right (in partnership with the Center for Women's Health and Human Rights at Suffolk University)

- Featured speakers:
 - **Loretta Ross**, “Respect for Menstruation is a Human Right”
 - **Tomi-Ann Roberts**, “Mainstreaming the Flow: (Still) Selling My Soul to Start the Conversation”
- Plenary panels:
 - “Menstrual Hygiene Management (MHM) across the Globe” - **Leeta Weinstock (Grand Challenges Canada), Sinu Joseph (Myrthi Speaks), Murat Sahin (WASH in Schools, UNICEF), Archana Patkar (Water Supply and Sanitation Coordinating Council), Beverly Mademba (WASH United)**
 - “Beyond “Menstruation Bathroom”: Stimulating Social Change through Visualizations of Gendered Blood” - **Diana Álvarez, Gabriella Boros, Ingrid Goldbloom Bloch, Lucy Madeline, Kyle**

- **Memorial Discussion:** In Memory of **Kathleen I, MacPherson**; moderator, **Heather Dillaway**
- **Our Bodies Ourselves** receives the Making Menstruation Matter Award
- Fall 2015:
 - The SMCR blog format now includes monthly themed based content, for example: September – menarche; October – Political and Social Action; future features will include board member profiles and member profiles
 - SMCR supports the **De-Tax campaign** to eliminate sales taxes on menstrual products
 - **McHugh** and **Chrisler** are editors of "The Wrong Prescription for Women: How Medicine and Media Create a "Need" for Treatments, Drugs and Surgery"
- Spring 2016:
 - Many articles about menstruation in mainstream media: Newsweek, the Washington Post, NPR, The Atlantic, Jezebel... how to keep the momentum going?
 - Website redesign undertaken; thanks, **Chris Bobel** and **Lauren Towels**
 - 2 issues of **Women's Reproductive Health** published in 2014; 2 in 2015; 3 more planned for 2016; 3 in 2017, and 4 in 2018
 - SMCR blog renamed Menstruation Matters
- Fall 2016:
 - **Heather Guidone** calls our attention to a new documentary on endometriosis, "Endo What?"
 - **Brianne Fahs** has a new book: *Out for Blood: Essays on Menstruation and Resistance*

2017: Menstrual Health: Research, Representation and Re-Education

- Making Menstruation Matter Award presented to **Congresswoman Carolyn Maloney** for her advocacy of menstrual health legislation, and her significant role in the broader realm of women's reproductive health; author of the Robin Danielson Act to require the regulation of the content of menstrual products
- Anne Voda Lifetime Achievement Award presented to **Nancy Reame, PhD. RN, FAAN**; Her current research is (and has been) focused on the neuroendocrinology of the menstrual cycle, PMS, and menopause with the aim of clarifying the factors associated with women's reproductive health; Key note address sponsored by **CrampsAWAY**
- **Four plenary sessions** featuring current work;
 - Period Politics, Policy and Activism



Society for Menstrual Cycle Research 40th Anniversary

- Cycling Across Borders: Translational Conversations; Sponsored by **Lunapads**
- The Menstrual Experiences of Underserved Populations;
- Menstrual Education – Fact and/or Fiction?
- Conference refreshments provided by sponsor **Diva International, Inc.**
- Spring 2017
 - Women's Reproductive Health, Vol. 3, #3, a special issue on cancer and women's reproductive health; guest editors are **Lisa Rubin** and **Jane Ussher**

Thanks to those who have brought us to this moment and here's to continued efforts to improve menstrual health and experience in the years ahead.