

THE KNOWN DONOR PROJECT



"Asher and Eleanor, non-bio siblings and best friends forever."

Letter from the PI

Dear Participants,

We apologize for being out of touch, we've had a transition with some of our students graduating and new students coming onto the project. We hope you are enjoying these winter months and want to thank you again for your interest and dedication to this essential project!

We have recruited three new graduate-level research assistants, who you can read about in the following pages! They are hard at work to bring you this newsletter as well as to further the research that was conceived two years ago. Our first few articles have been published and we have more in the pipeline. We hope to convene an Advisory Council meeting soon to get your feedback about our next steps. As always, we will keep you updated when new and exciting things are happening.

We're excited to invite you to a lecture for mental health clinicians in LA on March 4th, 2018. In our interviews we asked you for advice for these clinicians, which we are excited to share in this presentation. If you live in the area, we would love to have you come!

With gratitude and best wishes.

Handwritten signature of Hannah Karpman.

Hannah Karpman,
PhD, MSW
KDP Principal Investigator

IN THIS ISSUE

Letter From the PI

Research Updates

Cooking with Kids

Policy Corner

Book
Recommendations

Activities!

Research Updates

Meet the new members of the team!

Shanna Fishel, M.Ed

Shanna is an AASECT certified sex educator, an MSW student at Smith College, and on track to become a clinical sex therapist. Coming with a background as a special education teacher, her interests focus on positive sexuality, functional diversity, harm reduction, and queer issues. Her experiences in sexuality matters started in 2007 as a Planned Parenthood volunteer, and include hundreds of workshop hours, volunteer and clinical work, and community engagement in Israel and the U.S.

Sandra Hallett

Sandra is a graduate student at the Smith College School for Social Work. She has experience working with survivors of sexual assault as a counselor and advocate, and she intends to work as an outpatient therapist with children and adolescents following graduation. Her interests include Child and Family Mental Health and Social Welfare Policy; she plans to pursue her doctoral degree in Social Welfare Policy.

Liza Katz

Liza is a graduate student at the Smith College School for Social Work. For over ten years she has worked in higher education administration and in support of the growing field of Contemplative Studies. She is interested in systems theory, social change, and social welfare policy as well as the use of mindfulness-based interventions with trauma-informed care and substance use disorders.

Recent Presentations:

Hannah Karpman, the PI, recently presented a talk at the 2017 National Council on Family Relations: Theory Construction and Research Methodology Workshop. She discussed the implications of known donor family formation on existing models in family theory.

Recent Publications:

Ruppel, E. H., Karpman, H. E., Delk, C. E., & Merryman, M. (2017). Online maternity information seeking among lesbian, bisexual, and queer women. *Midwifery*, 48, 18-23.

Karpman, H. E., Ruppel, E. H., & Torres, M. (2018). "It wasn't feasible for us": Queer women of color navigating family formation. *Family Relations*, 67. doi: 10.1111/fare.12303

If you would like to receive a copy of these published articles, please email knowndonorproject@smith.edu

Upcoming presentations:

"Our Family Thicket: Family Formation Processes in LGBTQ Families and the Implications for Clinical Work" will be **presented by Hannah Karpman on Sunday, March 4th, 2018** from 1pm-4pm at **1110 S. Shenandoah Street Los Angeles, CA 90035**
RSVP to Monica Blauner at monica@monicablauner.com or (310) 498-2773

This event is open to the public. For questions or more information, please email knowndonorproject@smith.edu

Currently, the team is working on the following papers:

"Critique of the sperm banking industry by women who use known donors"

"The impact of policy on lesbian known donor family formation"

"They told us, 'We think you're making a big mistake': Experiences of health care among lesbian, bisexual, and queer women with known sperm donors"

"Access to IUI for known donor lesbian women"

Cooking with Kids

Healthy and cost-effective hot cocoa

INGREDIENTS:

- 2 cups non-dairy milk of choice (coconut, hemp, almond, rice, etc.)
- 2 Tbsp raw cacao (or cocoa powder)
- 1/2 tsp of ground cinnamon
- 1 Tbsp raw honey (or more to taste)
- 1 Tbsp coconut oil



INSTRUCTIONS:

1. Add milk of choice to a medium-sized sauce pot and bring to a boil.
2. Lower to a simmer and add cacao powder and stir.
3. Add cinnamon and continue to stir.
4. Stir in honey until well combined.
5. Add coconut oil and whip in until all chunks are melted and mixture becomes thick.
6. Serve immediately.

To make the recipe even healthier, add:

1 tsp maca powder

1/4 tsp ground turmeric

At the same time as the cinnamon

To make this recipe vegan, use stevia or another sugar alternative instead of honey

Policy Corner

The is a space where pertinent U.S. policy information will be summarized and links provided for further research. *Policy information obtained from congress.gov, govtrack.us, and countable.us. This list is not all-inclusive.

In this edition:

A bill to implement equal protection under the 14th Amendment to the Constitution of the United States for the right to life of each born and preborn human person. (AKA Life at Conception Act 2017)

A Senate bill introduced to Congress on January 24, 2017
S. 231

To replace references to "wives" and "husbands" in Federal law with references to "spouses", and for other purposes. (AKA "Amend the Code for Marriage Equality Act of 2017")

A House bill introduced to Congress on January 3, 2017
H.R. 98

Proposing an amendment to the Constitution of the United States relating to parental rights (stating that it is a fundamental right for parents to determine the schooling, care, and upbringing of their children, and Gov. cannot interfere unless the Gov. can prove it's a necessity [not applicable to a decision that would end the child's life])

A joint (House and Senate) bill introduced to Congress on November 16, 2017
H.J.Res.121

A bill to prohibit discrimination on the basis of sex, gender identity, and sexual orientation, and for other purposes (AKA "Equality Act")

A Senate bill introduced to Congress on May 2, 2017
S.1006

More information about these bills and others that may affect you, or your loved ones, can be found at:
www.congress.gov
www.govtrack.us
www.countable.us

Book Recommendations

This issue's theme is reproduction and sexuality.

- *It's So Amazing!: A Book about Eggs, Sperm, Birth, Babies, and Families* by Robie H. Harris
- *What Makes a Baby* by Cory Silverberg
- *Sex is a Funny Word: A Book about Bodies, Feelings, and YOU* by Cory Silverberg

Activities!

Create a mug cozy

Materials:

Scissors

Sock (preferably a long one)

Fabric glue, hot glue gun, iron-on seam tape, or a needle and thread

Step 1:

Measure the section of your travel mug that you want the cozy to cover. Add one inch to your measurement.

Step 2:

Cut the top section of the sock (that would normally cover your ankle and calf) to fit the measurement. If the lower section (that would normally cover your foot/toes) is long, you may want to set it aside to make a cozy for a short mug or cup.

(Instructions below)

Step 3:

Turn the sock inside out and fold down one inch of the cut edge. Secure the seam by gluing, ironing, or sewing it into place. If you use fabric glue, spread the glue before you fold the edge over, then placing a heavy book over the sock while it dries.

Step 4:

Turn sock right side out and fit onto your mug.

Step 5:

If your mug has a handle, cut a slit in the sock make room for it. After cutting, trim away any frayed edges and apply a thin layer of fabric glue to prevent future fraying. As long as just a little is used it will be invisible when it dries.

Step 6:

Hot glue or sew on decorations



In the Next Issue

The next issue of the KDP newsletter will be distributed in Spring.

More research updates!

The team is working diligently to publish papers as well as present at upcoming conferences. Our current goal is to complete the papers-in-progress by March 2018. In the upcoming issue, we hope to provide an update on where to find these published articles.



Kid's Activity

A donor-oriented family tree that family members can help the children create.

Policy Corner

How Trump's healthcare plan may affect LGBTQ women and their families.

Cooking with Kids

Another healthy and cost-effective recipe inspired by Spring.

STAYING INVOLVED WITH THE KDP

Stay updated with the Known Donor project by liking us on Facebook. Email knowndonorproject@smith.edu to join our Facebook group for families who have used or are considering using known donors! **Please feel free to send us your stories, artwork, and photos for our social media outreach, as well as for future newsletters. We love seeing other known donor families!**

LET US KNOW

What are we missing? What would you like to see? Questions? Comments? Concerns? Critiques? Compliments? Ideas? Let us know at knowndonorproject@smith.edu.