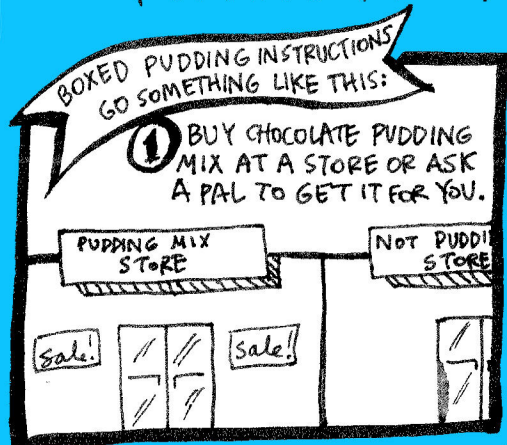
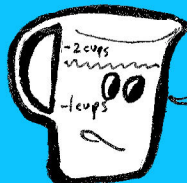


PUDDING PLUS!

A recipe to satisfy your monthly needs.



2 AND THEN POUR TWO CUPS OF MILK* INTO A BIGGISH BOWL: (OR CREAM, HELLO!)



I'd like to put my contents in you. That okay?

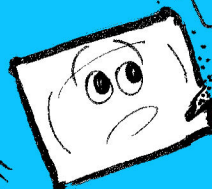


Thanks for asking. I'd like that!

Room for one more up there?!

ADD THE PUDDING MIX TO THE BOWL AND

3 STIR LIKE HELL!



4 LET IT SET IN THE FRIDGE ET VOILA! PUDDING!

HOWEVER, I URGE YOU TO ALSO:

5 Grate sweetened baking chocolate into the pudding.

7 THEN: combine with several handfuls of chocolate covered peanuts and/or raisins!

6 AND: add chocolate chips or a crumbled chocolate bar of your choice!

8 PLUS: stir in a bunch of cocoa-puffed cereal of some kind.

AND FURTHER MORE,

10 CONSIDER BACKING THIS WHOLE TRAIN UP AND:

- a. cut 2-3 big oranges in half and juice them.
 - b. replace 1 cup of that milk (or cream, hello!) with OJ,
 - c. use the juiced out orange halves as bowls.
- FANCY Y'ALL!



BY KIRA K. SO WHAT?!

DESPERATE TIMES CALL FOR DESPERATE PLEASURES

Red Tides of the Qootchie Queens



Issue #1

May 2015

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Cover + Portraits by **LEAH GOLD**

www.leahfgold.com

Qootchie Queens Edited by **APRIL ALIERMO**

RED TIDES OF THE QOOTCHIE QUEENS

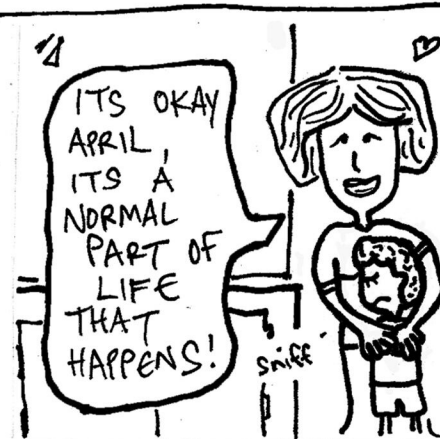
features interesting people & their menstrual cycle stories.

It is meant to normalize the conversations about periods so that women of all sorts always feel comfortable and confident speaking about their cycles and everyone can have a better understanding of what many women go through.



IMAGE FROM TAMPON RUN

April
in
Dreadful
Surprise





BASSIST, EDUCATOR, QOOTCHIE QUEEN EDITOR

www.phedreamour.com / www.hoodedfang.com

HOMETOWN: Toronto

AGE AT FIRST PERIOD: 10

PMS CRAVINGS: Meat & sugar. Its the best-worst.

DURING PMS: All I want to do is eat. Its the best-worst.

ADVICE TO YOUNG MENSTRUATORS: Its true, bleeding from your vagine kind of sucks; but it also means you are a powerful magical force.

RECENT ACTIVITY



Maylee Todd

4 April at 13:35 · 📧

HEY YO! April, tryin to remember what we chatted about. Ah yes. A couple days before I get my period I get depressed about my life and where it's heading, etc... (I know). I consider myself an action oriented lady, so when I have these feelings, I grab a paper and pen and go through my insecurities and then TRY to come up with multiple solutions and play out scenarios. This happens ALMOST every month and every month I'm surprised that it's happening. Then blood comes outta my vagina and I think "oh ya, you did this last month. Chill out mon." Oh chemicals.

Unlike · Comment

👍 You, Adrienne Marcella Kammerer, Juliann Wilding, Hanna Hur and 4 others like this.



Write a comment...



OLDER



Rina Espiritu

17 March at 10:09 · Toronto · 📧

I don't know if this is publishable material just yet... but this week alone 3 women have told me they have had TWO periods this month (women who are typically regular). New moon? Ovarian mutiny? What say you?

Unlike · Comment

👍 You and Maylee Todd like this.



Apey Ohh what?! that's nuts! sounds like you should write about it 😊

17 March at 14:02 · Like



Maylee Todd Dat was me. I think it was because of international womans day!

17 March at 20:36 · Unlike · 👍 2



Write a comment...





I MAKE ART AND HELP OTHER PEOPLE MAKE ART.

www.leahfgold.com

HOMETOWN: I grew up in Toronto and still live here.

FIRST PERIOD: I got my period when I was 11 during ballet class. I didn't tell anyone but then my mom noticed the pads in the garbage.

PMS CRAVINGS: I don't get cravings with my period but now that I'm pregnant I crave fruit and ice cream.

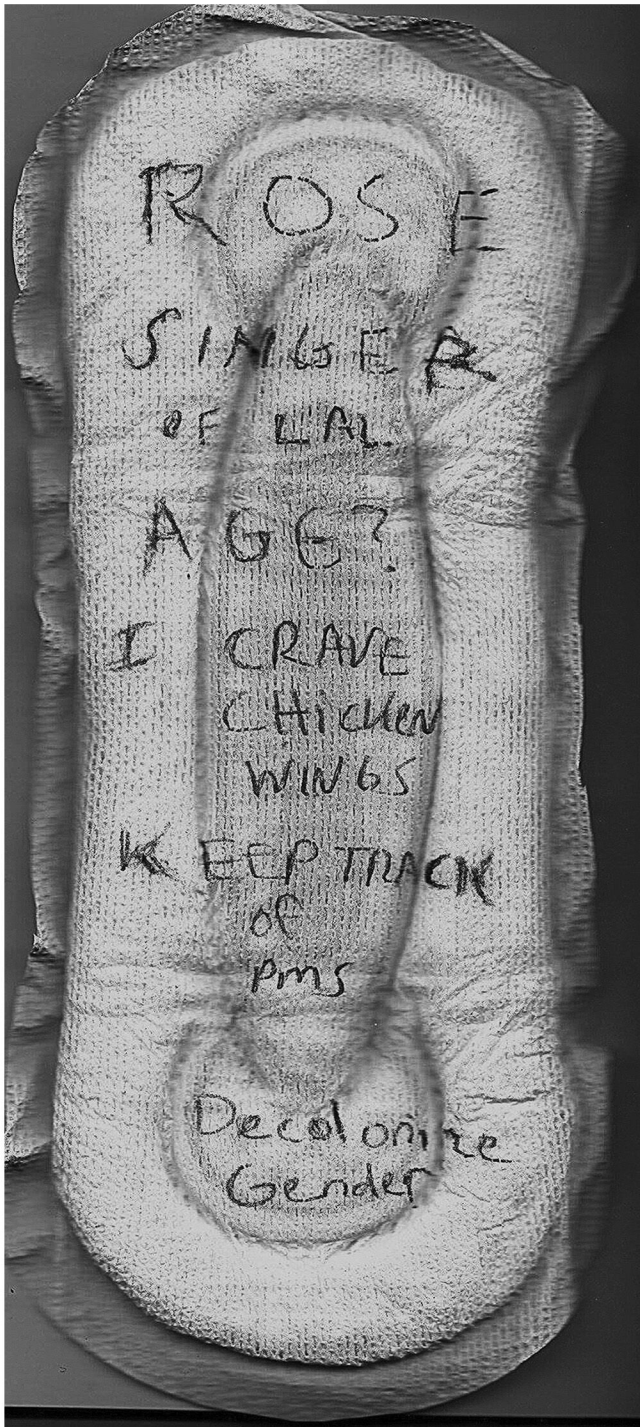
DURING PMS: I take 2 advils on the first day for cramps. I also like to go on my hands and knees and make moaning sounds, like ohwohwohw. I do tend to hate the world in the two days before my period, but there are all kinds of reasons that strong emotions hit us at different times, so I don't always notice it.

ADVICE TO YOUNG MENSTRUATORS: Don't let anyone make you feel ashamed for having your period, especially people who don't get periods and might just be scared by how mysterious and powerful your body is. And never be embarrassed to ask strangers in public bathrooms for an extra pad or tampon. Lots of nice women have saved me from having to stuff my underwear full of toilet paper. Oh and in a pinch, a sock makes a good pad!



Rosina Kazi

I don't remember much about my period. maybe because i'm part boy, maybe because it was never explained to me. My parents never sat me down to tell me what this was about, at least i don't remember that happening, so it was just another thing i had to learn to deal with. I was raised by Bangladeshi parents in Canada, who had i suppose much more to deal with then sitting me down to discuss these things. I had to figure alot a lot out on my own. I do remember being away for a basketball tournament and accidentally leaving my used pad somewhere in the bathroom. God, it was bad enough that I was a junior playing first string on a senior team coupled with being brown, but then i had to deal with the embarrassment of doing this. Luckily I was a wicked ball player and though i died of embarrassment, i survived. Fun times.



<https://lalforest.bandcamp.com/>





PRODUCT DESIGNER, SILICONE VALLEY

HOMETOWN: Toronto

AGE AT FIRST PERIOD: 13

PMS CRAVINGS: I become a carb monster

DURING PMS: I tend to cry over the silliest things

ADVICE TO YOUNG MENSTRUATORS: Listen to your body
because it has thousands of years of wisdom.

MAMA MARAMBA'S MOONTIME MEDICINES

By: Jennifer Maramba

RASPBERRY LEAF TEA

- STRENGTHEN AND TONE THE WALL OF THE UTERUS
(AND ENTIRE FEMALE REPRODUCTIVE SYSTEM)
- DECREASE PROFUSE MENSTRUAL FLOW
- HELPS RELIEVE CRAMPS
- SUPPORTS ADRENAL GLANDS DURING MENOPAUSE

1 TABLESPOON OF BULK TEA PER CUP OF HOT WATER.
STEEP FOR 2-5 MINUTES.
OR YOU CAN JUST BUY RASPBERRY LEAF TEA BAGS
AND FOLLOW THE BREWING INSTRUCTIONS.
ADD HONEY OR NATURAL SWEETENER TO TASTE.
DRINK AS DESIRED

MAKE SURE YOU GET RASPBERRY LEAF TEA.

GINGER TEA

- FOR PAIN RELIEF OF MENSTRUAL CRAMPS
& DECREASE HEAVY MENSTRUAL FLOW
- GINGER HAS ANTI-INFLAMMATORY PROPERTIES

SLICE 2 INCH PIECE OF FRESH GINGER ROOT INTO THIN SLICES.
BRING WATER TO BOIL IN SMALL POT.
ONCE BOILING, ADD GINGER.
COVER IT AND REDUCE TO SIMMER FOR 20 MINS.
STRAIN AND ADD HONEY OR NATURAL SWEETENER TO TASTE.
SIP THROUGHOUT THE DAY.

DON'T FORGET!
CONSULT WITH YOUR
MEDICAL PRACTITIONER

CHAMOMILE TEA

- MAY HELP TO REGULATE IRREGULAR PERIODS
& TREATS MENSTRUAL CRAMPS
- ALSO USED AS A SEDATIVE: CALMS NERVES

ADD 2 TEASPOONS OF DRIED CHAMOMILE FLOWERS TO A CUP OF BOILING WATER.
STEEP FOR 5 MINUTES.
OR YOU CAN BUY CHAMOMILE TEA BAGS AND FOLLOW THE BREWING INSTRUCTIONS.
ADD HONEY OR NATURAL SWEETENER TO TASTE.
START DRINKING CHAMOMILE TEA A COUPLE OF DAYS BEFORE EXPECTING YOUR PERIOD.
DRINK AT LEAST 2 CUPS EVERYDAY DURING YOUR PERIOD.



A cartoon illustration of a bear sitting on a globe, looking thoughtful with question marks above its head. A speech bubble above the bear contains the text: "ASK NURSEFLO @GMAIL.COM".

⊕ A: weel... uh oh, looks like I'm out of space this time folks! keep the questions flowing! tott

YOU HAVE NO IDEA HOW FOUR SYLLABLES COULD WEIGH SO MUCH.



ARTWORK BY KAT ESTACIO



QOOTCHIE QUEENS: I love that you made a video game to break the taboo of talking about menstrual cycles. Have you noticed a difference at your school?

SOPHIE: I've noticed a huge difference at my school.

My guy friends and I are very open with each other about everything, but they always used to walk away and say "ew" when I (or any girl) talked about their period. They don't do that anymore, and they really like

the game. I've also noticed that I've become the period girl at school. I was sitting in my school administration office and a girl I had barely ever talked to before turned to me. She informed me she was having horrible period cramps and was calling her mom to go home. I was so happy she told me, but I don't think it would have happened without Tampon Run.

ANDY: Definitely! People around school are constantly making Tampon Run/period jokes, and whether they realize it or not, they're a lot more comfortable talking about periods. The Tampon Run email inbox is filled with mail from people all over the world, from India to South America, all about how TR has changed their thoughts on menstruation, their neighborhoods, or their lives. It's really rewarding!

QQ: My Tampon Run high score is 87. I can't seem to beat it. What is your Tampon Run high score? Are there any special techniques we should know?

SO: This is embarrassing, but my high score is 83. Maybe you should give me some gameplay advice?

AN: ...69. It's absolutely shameful. I have no advice worth giving.

QQ: You intelligently point out that there are so many misogynist video games. Do you have favourites that are outside of this realm you can recommend?

AN: I'd recommend the Metroid series, not including Other M. In the first release of the Metroid series, Metroid, it's not even revealed that the protagonist is a woman until the very end (throughout the game, she's in a battlesuit). There is some debate on how she's treated as an empowered woman from game to game, but I think the presence of a woman as the main protagonist is refreshing in itself.

Another great game is Portal! Portal is a first-person puzzle game and you can barely tell that you're playing as a woman. Even when you see yourself, Chell (the character you play as) is not sexualized at all. She's also incredibly self-reliant, not having to answer to the whims of any men. Her only assistance is artificially-intelligent robot, GLaDOS, which has a female voice too.

There's also an MMORPG that I'm really looking forward to called Overwatch. Its developed by Blizzard Entertainment. The creators put a lot of thought into diversifying the characters you can play as--that includes adding women who aren't hypersexualized! Apparently it stemmed from a co-creator's daughter, who saw the female characters in World of Warcraft and asked why they were "all in swimsuits."

QQ: I hear you're into movies about teen gangs who have expert hackers in them. What would your dream hack be?

SO: Maybe not a computer hack, but more of a life hack: I'd love to be able to fly. It would save a lot of time and it would be relaxing as well (I imagine).

AN: Like, think Oculus Rift but a room! Or like the superhero training rooms that you see in movies where at first you think its an intense battle but it's just a simulation. I would love to build that. Yeah that's really exciting I would love that.

QQ: So COOL that you two met at "Girls Who Code". You two seem like an invincible team. Do you have any future collaborations on the horizon?

SO: It is crazy that we only met back in July 2014 at Girls Who Code!

Andy and I are working on a few book ideas to get more girls excited about coding.

AN: I'm really excited for the book. It's really important to me that more women and girls get motivated to code; I'm glad I've got Sophie with me to help work on that!

QQ: What is one of your noteworthy period stories?

SO: The second day of my first period I went over to a friend's house to bake cookies. It was the first time we had ever hung out outside of school, so I was a bit nervous. As we put the cookies into the oven, I started to feel like it was time to change my pad. I had never had to change my pad outside of my house and I had no idea what the etiquette was. Did I throw it out in her garbage? What if there wasn't one in the bathroom? What if she saw it there after I left? I decided the best course of action was to do nothing. An hour later I sat uncomfortable and cross legged eating the cookies in her kitchen, hoping that I didn't bleed through the pad. By the time I left her house the situation was beyond dire. I frantically walked towards the train unsure of how to fix my problem. And then I saw the light—a bathroom in the nearby public park. I entered the dimly lit, paint cracked, strange smelling park bathroom and with a huge smile on my face I changed my pad. By far the grossest and most joyful pad change I've ever done..

QQ: What are your hopes and dreams?

SO: On a more abstract level, I hope to live a fulfilling life. On a more literal level I want to learn to cook, I want to travel and I want to continue to code for social change.

AN: A general goal would be to keep stirring it up--I loved seeing how we impacted the world with Tampon Run, so if I could keep doing that, that would be great. In terms of what I want to get done RIGHT NOW, it's get into a college I want to go to.

ANDY AND SOPHIE ARE COOL TEENAGERS FROM NEW YORK. AT GIRLS WHO CODE, AN AMAZING TECHNOLOGY CAMP, THEY MADE THIS RAD VIDEO GAME CALLED TAMPON RUN.

www.tamponrun.com || tamponrun@gmail.com

andy & sophie

