



**CREATE HOPE
in the WORLD**

Rotary
Rotary Club of Gawler Light



District 9510 | Chartered 10 July 1996 1919961996

Bulletin: Meeting 1355 July 25

President: Darryl Matthews | **Secretary:** David Cockshell | **District Governor:** Craig Dowling | **RI President:** Gordon McNally

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Amazing Upcoming Guest Speakers

**Meeting Highlights—
featuring Jessica Rehn
and her amazing insights
into Premature Babies**

International—ROMAC

Upcoming Meeting Roster



**Taron &
Hungry
Tasi
Devil**



Box 1577, Gawler SA 5118

Meetings: Most Tuesdays 6.15pm for 6.30pm meal, (Optional)
7.15pm for 7.30pm meeting

Venue: Gawler Arms; 102 Murray St, Gawler SA 5118.

Email: president@gawlerlightrotary.org

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UPCOMING GUEST SPEAKERS

Amelia Muriti
Coming soon

**YOUTH
PARLIAMENT
2023**

Make Your Mark!



Jack Gill—Gawler Environment Centre—Embracing a culture that attracts and enriches volunteers focused on promoting environmental sustainability—Aug 29



Taron—International Speaker (with Skip as sidekick?) - Sept



Bron Anderson
Presenting soon

Past President: Marie Louise – Welcome:

Taron staying with ML (Arriv. Wed)

Marie, & Simon Kibble, who have offered to be a host family (No.3) Jenny & Paul 2nd, Steve & Julie 4th

Andrew Halford as a guest – clearance is done, waiting for formalities.

Jessica Rehn and her mum Susan Carboni (Ian Chase's sister)

Apologies Darryl, Steve Mc, Jenny Richard who are off presenting at Kidman Park and Modbury/Golden Grove about our shelter bag project

Careers Day for Gawler Youth –
Can you assist with:

Resume writing support 9 August 10-1pm

Mock role play support with interview practice 15 Aug. 10—1pm?

Let Steve Mc know if interested.

Meeting scribe Position Vacant—
while Lynne is away for 8 weeks. Are people available, perhaps one week about or on a roster basis? Meeting summary is a beneficial guide when transcribing recordings &/or when meeting isn't recorded. **Can you help fulfil this role in any temporary way? Speak with Lynne or Darryl.**

Treasurer: Peter Harper

Reminder chocolate money needs to be paid. 4 Boxes left.

Reminder dues are now overdue.

Rotary club of Elizabeth

Induction of New Members 31 July 6:30 Playford Bowling Club—email RCE if you are interested in supporting the occasion.

Rotary information –

Bron – Heaps of information that members can access on our website. Laurens speech, meeting running sheet and more is on there. Members can reset their own passwords.

Even more Rotary Information:

T-shirt from RDU – showcasing what Rotarians embrace – peace, community, international, fundraising, etc. Bron will wear it for her casual day on Friday.



Members Corner:

Deanne

Its 26 deg C in Queensland and freezing here in Gawler.

Benjamin is teething, we should have left him in Qld.

ML Closing Remarks:

Needed — Volunteers to help out at Gawler & District College on Mondays with Senior School Breakfast Club 8:20—9:00. Its easy just serve toast.

Salvation Army Riverside is looking for help with making meals.



life's little treasures
foundation

Supporting Families of Premature & Sick Babies

The Little Treasures journey began with five pioneering mums, confronted by the challenges associated with the birth of their premature babies. Those parents discovered that they needed additional support and knowledge to cope during hospital care and home management, when compared with full term natural births. There simply just wasn't enough information or support out there, let alone educational resources. Bonding with premature babies through touch and through feeding were impacted by intensive medical care while at home they struggled to tread the best path without the support and knowledge of readily available professional expertise. Their feelings were in keeping with today's research where parents with babies less than 32 weeks gestation have feelings of fear, shock and confusion which surge the post-natal depression to 40% of mothers.

Since then Little Treasures has grown to 16 staff across 5 states supporting 154 neonatal intensive care units and special care nurseries internationally. Solely dependent on fund raising to survive last financial year Little treasures supported 15000 families through services and products. All staff and volunteers have lived experiences of premature or sick babies which helps us truly connect and support those families during what is and will be one of the most difficult times in their lives.

An insight into the challenges with premature babies can be seen through the animated cartoon – Bluey Season 1 Episode 41 **Bluey and the Early Baby** in the clip that can be found on Kidspot.

The Neonatal Intensive Care Unit (NICU) specializes in caring 24/7 for babies born premature or sick under the watch by specialist doctors, nurses and other professionals. Often babies are attached to machines that help with breathing, regulation of fluids and medicines along with monitors that measure their vital signs. As well as NICU there are also special care nurseries which are places for premature babies needing specialized care after birth with specialized doctors, nurses and health professionals. In special care nursery parents can be more involved, change nappies, cuddle their babies for longer, feeding etc.

Jess currently supports SA hospitals including Lyell McEwan Hospital & Burnside War Memorial, Flinders Medical Centre & peer support to families over the phone and online. Currently working with Womens and Childrens Hospital to get in person peer support.

Jess' connection with Little Treasures: "My daughter Amelia had a congenital heart disease at 24 weeks. The family needed to relocate to Melbourne at 36 weeks and ended staying there about 4 months.. Amelia is now thriving".

From lived experiences by Jess and other staff they are aware that continued support is imperative when babies go home for the best outcomes for parents and children. Suddenly, away from the intensive medical care, everything hits parents when they begin home care. Resources need to be readily accessible providing strategies for parents how to cope with their experience and stress.

Little Treasures offer precious prem packs –“a little gift from us to them to say we are thinking of you to help parents through their journey – available free as are all of our products & these can be ordered directly from our website”. It includes handmade gifts, vouchers, britex insert and more.

The premature babies are generally very, very small when they come home and don't normally fit a car seat so the free gift of the britex insert saves families from spending a lot of money to get a specialized car seat.



The insert allows them to use the car seat that they probably have already bought.

These prem packs are freely offered in hospital to parents and are designed by parents who understand the emotional impact of having a premature or sick baby. They also offer tips, tool and activities to encourage parents to take a moment of self-care. There are also packs that help record and celebrate incremental but significant milestones,

such as the first hug or being taken off oxygen.

There is also support provided for siblings through constructive ideas for parents supplemented by practical colouring books. My Colourful Journey colouring-in book gently educates siblings of babies in a Neonatal Unit about what they might see, hear and feel in a Neonatal Unit, normalising their reactions and reducing the emotional impact of having a sibling in hospital. Siblings are often having to adjust the routine, through new childcare arrangements and altered family relationships. This can create feelings of confusion, loneliness, jealousy and sadness as well as physical symptoms through behavioural changes.

The loss of a baby due to early pregnancy is a dramatic event that impacts on not just the parents but also the siblings. It is common for parents to be unsure about what to say, how much to tell their children and how to express their feelings. My Brave Journey is a free colouring book to help siblings understand the emotions they might be feeling after the loss of a baby brother or sister. It covers what might be seen in hospital, normalizes feelings, who to talk to when their feelings are too big, how to say goodbye and how to tell their friends.

To offer these free resources, fundraising occurs through a number of means such as a Walk for Prems, Readathon, selling merchandise and knitted goods.

OCT 1
HOBART

OCT 8
CANBERRA
+ BENDIGO

OCT 15
BALLARAT
+ ADELAIDE

OCT 22
SYDNEY
+ MELBOURNE
+ PERTH
+ BRISBANE

MAKING FUNDS FOR
Little Treasures
Foundation
Supporting Families of Premature & Sick Babies

**Big steps for
little treasures**

Register or Donate: walkforprems.org.au

FoundationWalkForPrems walkforprems #walkforprems2023

Walk for 48,000 sick & prem babies born each year



**Walk for Prems Opportunity for Rotarians
to support Little Treasures**

Walk for Prems, Little Treasures' largest fund raising for the year is in its 15th year & held in October this year across 8 locations including Adelaide. Funds from the walk allow Little Treasures to produce the free resources and advice delivered via the phone, online support, in hospital morning teas and during their babies stay in NCIUs.

This year Walk for Prems will be 15th October in Peace Park Adelaide (near the Womens and Childrens Hospital). **Jess needs 20 volunteers to help run the day. Tasks include handing out water, cheering on, selling merchandise and more. If interested in supporting the Walk, please contact**

Jess: jrehn@lltf.org.au
Supporters can also run virtually in their own location and sponsoring a friend or work group is welcomed.

A readathon raises funds and promotes sharing books as a way for parents to bond with their baby while in the NICU and brings a sense of calm, comfort and familiarity. More information is available online.

Vote of Thanks: Deanne Tingey.
Thank you for letting us know about this programme. Unfortunately, I was too pregnant to join the walk last year but hope to this year.

RCGL Upcoming Dates:
Footy Gatekeeping—August 5 & 19
Gawler Show Parking—August 26 & 27



Extract from Newsletter
June 2023

What is ROMAC

ROMAC stands for Rotary Oceania Medical Aid for Children and is a combined Australia and New Zealand Multi-district Rotary project.

Today ROMAC enlists assistance from medical experts, hospitals, nurses, physiotherapists, pathology and radiology services, airlines, sponsors and other supporters is providing surgical treatment to around 50 children from Oceania every year, making a huge difference in their lives.

Rotarians and Friends are providing funds to cover travel, accommodation and treatment for children and their carers. Through Rotarian donations, ROMAC provides Life Giving surgery to children and babies of our nearest Island neighbours within Rotary Zone 8.

ROMAC is a core Rotary program! ROMAC children are currently in Australia and New Zealand undergoing procedures for life-saving and dignity restoring surgery. Patients are currently being reviewed for treatment at the Adelaide Women's and Children's Hospital in the immediate future. The support of your club is paramount in underpinning the amazing work that ROMAC does.

ROMAC is planning a Fundraising Quiz Show to be held on Sunday 29 October, 2023 at the Blackfriars Priory College 17 Prospect Rd, Prospect SA 5082. We are seeking contributions of wine for a wine wall, and gifts or experiences for either the silent auction or raffle. I would ask that you advise members to keep this date free in their calendar and to consider what contributions your club or club members could offer ROMAC at this event. It promises to be an entertaining afternoon. More details to follow soon.

Nine-month-old baby Taufu and his mother Kalesita from Tonga arrived in Auckland in the very early hours of 19 March. Taufu was very unwell with a heart condition called Tetralogy of Fallot. This is a combination of four congenital heart defects usually resulting in a lack of oxygen-rich blood reaching the body. Surgery took place on 24 March, with a few days were spent in Paediatric Intensive Care and then he was discharged to a ward. Once back at Ronald McDonald House, the family were together and supporting each other and extended family members in Auckland visited. Kalesita and Taufu Snr were sensible parents who were so very grateful for all that was done for their son. Dad returned home and Mum and baby followed on 3 May.

MEETING ROSTER

Date	July 25	Aug 1	Aug 8	Aug 15
Meeting #	1355	1356	1357	1358
Guest Speaker	Jessica Rehn	Kim Thompson	To be confirmed	_____
Subject	Little Treasures Foundation— Premature Babies	Barossa Bushgardens	_____	Committees
Cashier	Peter Harper	David Weatherely	Greg Morris	Peter Harper
Chairperson	Susan Clift-Bowden	Bronwyn Anderson	Matthew Sanders	Richard Tucker
Rotary Information	Bronwyn Anderson	Matthew Sanders	Richard Tucker	Ian Curtis
Thought for the Week	Matthew Sanders	Richard Tucker	Ian Curtis	Martin Winkworth
Vote of Thanks	Richard Tucker	Ian Curtis	Martin Winkworth	David Cockshell
Fellowship	Ian Curtis	Martin Winkworth	David Cockshell	Ian Chase
Location	Gawler Arms	Gawler Arms	Gawler Arms	Gawler Arms
Board Meeting	No	No	No	TBC

**Aug. 15 RCGL Committees followed by Informal Social Time
in the downstairs gaming area & Board Meeting**

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