

Tulip Times Club Bulletin: 29 Aug 2023

Volume 85 No 10



**CREATE HOPE
in the WORLD**

RI President:

Gordon R McNally



Bowral-Mittagong
Rotary
District 9705
Chartered 26 March 1940



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www.bowralmittagongrotary.com

Board of Directors

President:

Don Graham

Directors:

Trevor Fair - Secretary
Paul Leotta - Treasurer

Rod Aistrop
Robbie Allen
Denise Coad
Rosemary Kelly
Tim Bowland
Allan Falvey
Leigh Robinson

Club Meetings:

Weekly on Tuesdays, 6.00pm for 6.30pm at various Southern Highlands venues. (See below)

If you are an apology please text or phone Denise Coad 0416009395 or email

denisecoad@bigpond.com by 5.00pm Friday before the Tuesday meeting. By default, it will be assumed that members are attending.

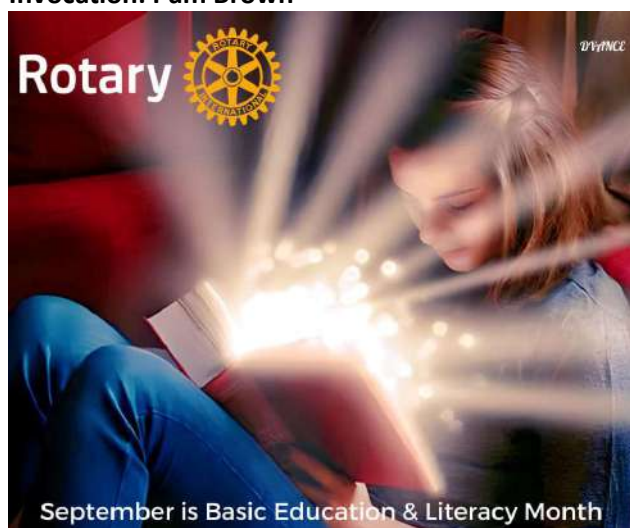
Date	Meeting Venues	Speaker/ Topic	Journalist
5 Sept	Kookabar	Bruce Sutton, Member talk AG Haseena Tweddle	Will Eddowes
12 Sept	Bowral Bowling Club	Peter Tyas (Retired dentist)	Trevor Fair
19 Sept	Annesley	Johanna Airlie (beyond the badge)? DG Andrea Grosvenor AG Haseena Tweedle	Tim Bowland

Journalist: Ian Langford

Venue: Bowral Bowling Club

Sergeant : Lynton Kettle`

Invocation: Pam Brown



INTERACT



Figure 1 Meg Pavior



Figure 2 Lauren Healy

Robbie Allen and several members attended the INTERACT changeover prior to our club meeting.

The meeting was held in the Cafeteria at Bowral High School from 4pm to 6pm. Outgoing President Lauren Healy handed over the reins to Meg Pavior.

Sergeant Lynton Kettle called the meeting to order and welcomed guests Anna Crawford, Kate Fair, Rosemary Eddowes and Bob Miller.

International Toast: Ian Donges

Today, 29 August 2023, is International Day Against Nuclear Tests.

North Korea conducted 6 explosive nuclear tests between 2006 and 2017. The 2017 test released approximately 140 kilotons of energy, approximately 7-10 times more than the bombs dropped in Hiroshima and Nagasaki.

The threat is ongoing, particularly for its immediate neighbour.

Rotary has a strong position across the border in South Korea. Notably, the Rotary Club of Seoul which was the first Club chartered in South Korea on 10 November 1927, with a current membership of 56, led by President Jhinu Jung.



PP Judy Kim



3 President Jhinu Jung

During the Changeover in June 2023 the outgoing President, Judy Kim, reported on several awards received by the Club during 2022/23. Notable are:

- Best Club award for its financial donations to the Rotary Foundation attributed by PDG. B.R. Sohn (\$170,028) as No1 major donor followed by PDG David Chang (\$50,053) – certainly aspirational and should be considered being matched by all Past District Governors; and
- Best Club award for Community Service Project leading the global grant project for donating infant incubators to the Tondo medical center in the Philippines.

The Club also sponsors and supports the Seoul Young Leaders Club (SYLC) which in reality is

a Rotaract Club. That Club in June this year held a baseball game as a successful fundraiser. The name of PDG. B.R. Sohn popped up again as a major donor to the event. We need one of those guys!

Please be upstanding and toast President Jung and the Members of the Rotary Club of Seoul.

Announcements:

President Don asked for help in delivering a trailer load of firewood to David Rees who is recovering very well from his recent heart operation. Robert de Jongh volunteered to assist.

Tony Glenn needs the club to volunteer seriously to help with the Dream Cricket Gala Day on Friday 27th of October. We need about 30 members, partners and friends on the day. It is easy work and is probably the most rewarding work we do in the Club when you see the pleasure and wonder on the children's faces. A roster form was circulated.

Tony Glenn also called for more volunteers to help with the Bowral Classic Barbecue. Even if you can't help on the stall, help is also needed for the set up and pull down.

Mary Ramsay announced that the Bowral Classic marshalling roster is now complete and emphasised that she would like it to stay that way.

Rosemary Kelly has now agreed a date with Annesley Retirement Village for a tour. We need at least 15 people to attend on the 15th of November at 10am for a two hour tour and presentation. If we achieve that, Annesley has offered to donate \$500 to the Club. Please put this date in your diaries now.

Rosemary Kelly is also working with others to organise a Club Car Rally, probably mid-March next year. She is considering the benefits of having it mid-week rather than a more expensive weekend.

Guest Speaker – Anna Crawford.

Rosemary Kelly introduced Anna as the Club's selected local health worker for a Vocational Award as the 2023 Nurse of the Year.



Anna is a clinical midwife specialist working at Bowral & District Hospital, and in early 2022 she commenced a quality improvement project called The BBACC Pack (Bowral Babies and Complex Care), which focussed on the care of newborns who require resuscitation and stabilisation in a regional hospital.

In December 2021, a woman with a history of two previous caesareans had been free birthing at home. She had been told by two hospitals that it was unsafe to attempt a vaginal birth given she had had two previous caesareans in Lithuania using a classical incision. The vertical cut meant she was at high risk of her uterus rupturing during labour, which was potentially fatal for her, the baby, or both. She was told she would need an elective caesarean. The woman didn't want this. She ceased antenatal care, and decided to labour at home without a clinician present. She arrived to Bowral maternity at 8.15 on a Saturday night, screaming, fully dilated, with a ruptured uterus, and a severely compromised baby born minutes later with no heart rate. Two weeks later in the same birthing room, a baby was born at 24 weeks gestation while her mother was waiting for a transfer to a tertiary hospital. The baby girl was born at 6.50 in the morning, 16 weeks early, and weighing 600g. In both cases, Anna was part of the team receiving the baby. Some midwives will experience an extreme case like this once in their careers. Anna experienced both, up close, a fortnight apart. As a team, they did a lot of things right, but they could have done better. These two experiences inspired Anna to focus on improving the complex neonatal care provided by midwives in our regional setting.

Anna set about sending out surveys, reviewing relevant cases and consumer feedback, and sought clinician and managerial input. She decided to create a clinical support pack of information dedicated to this area, covering clinical skills, procedures and equipment use, and individualised to the Bowral facility. She wanted this pack to be easily accessible online, on any computer or mobile phone, both at work and at home. She also wanted to create a physical pack of information that was comprehensive but compact.

After considering several delivery options, she chose to use Microsoft SharePoint, where she could create an online hub accessible through Microsoft Office. She designed a home page and uploaded the completed topics. She also included quick links to commonly used resources, an emergency contact list and a document library.



SharePoint is also user-friendly for mobiles. After downloading the App, clinicians can navigate to the hub in less than 10 seconds, and access a specific guide in less than 30 seconds. To create a physical pack, visual guides and resources were laminated and stored in BBACC Pack Folders.

Neonatal antibiotics was a specific area in which midwives lacked confidence, so Anna put together an Antibiotics Kit, containing both visual and text only guides, ready-made supply packs, and all necessary documents. As of now, the BBACC Pack Hub is about 75% complete – with remaining resources to be added in 2023.

The second area Anna wanted to address was improving the care provided to mothers to establish breastfeeding when their baby is unwell or pre-term. She designed a brochure specifically for these women with written and visual instructions, a QR code to a video demonstration, feeding plans and useful tips.

She packed the brochure into a pathology bag along with all the supplies a new mother would need for the first 24 hours.



While still a work in progress, feedback for the BBACC Pack Hub has been positive, in terms of depth of topics, supplementary materials and accessibility. The EBM Kits (Expressed Breastmilk) and ISOC Kits (Immuno-Supportive Oral Care) have also been well-received, acting as a prompt for clinicians, empowering mothers with consistent information, and helping to implement ISOC as standard practice.

The project that Anna has developed and introduced impressed all at the meeting and after many questions it was time to present Anna with her award. PP Rosemary Kelly and President Don Graham presented Anna with a framed certificate of appreciation as the Nurse of the Year, a bouquet of flowers and a pen. The Club also made a \$500 donation to Australian Rotary Health in Anna's name. Anna Crawford was certainly a worthy recipient of the award and we thanked her for her work and her presentation to the Club.

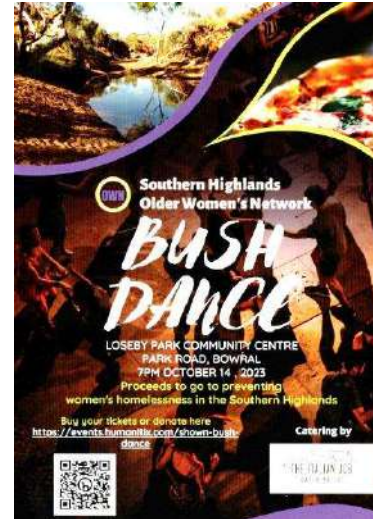
Ian Donges – Quiz. Ian then held one of his "Who Am I?" quizzes. The answer was David Koch. The winner was Mary Ramsey.

Ian Law told the Club about a Bush Dance being organised by the Southern Highlands Older Women's Network to raise funds which will be used to help prevent women's homelessness in the Southern Highlands. The event will be on Saturday 14th October 2023, 7:00 pm to 10:00 pm. Tickets, donations and more information can be found at

<https://events.humanitix.com/shown-bush-dance>

Here's your invitation to a night of fun and entertainment! Experience classic country culture with a modern twist! Whether you're still wearing-in your boots, or you're a well-heeled

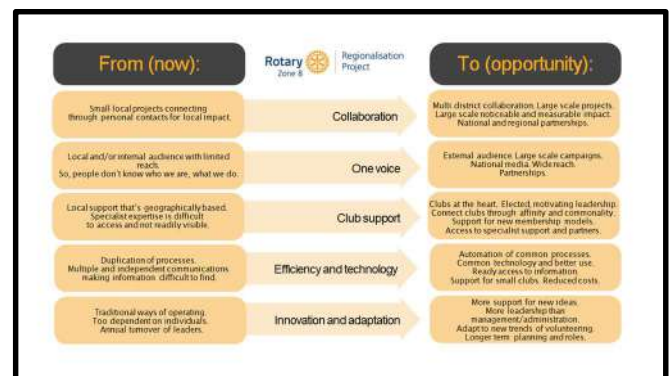
tapper and twirler, this is set to be a hoot and a half! You don't need a partner so come along by yourself or with friends. Tickets cost just \$70pp and this will include a 3 course pizza banquet from 'The Italian Job' as well as music from 'The Inland Navigators'. BYO your favourite beverage to quench your thirst. Remember bush dancing is thirsty work!



PP Leigh Robinson then gave an update of the Zone 8 Regionalisation Pilot. The purpose of this presentation was to provide a summary of the key changes that are being implemented to support and progress the Zone 8



Regionalisation Pilot. The Pilot is one of only two Rotary International approved pilots in the world, the other being in Rotary Great Britain and Ireland.



There was a lot of detail to the presentation but unfortunately our screen was too small for us to be able to read the slides and it really needs time looking at the printed copies to begin to understand what the changes will be.

Printed copies of the slides were handed out after the presentation was cut short due to time running out. More information can be found at <https://creatingtomorrowrotary.org/> where there are links to some succinct “fact sheets”.

Raffle – Mary Ramsay. Rosemary Eddowes drew the raffle and Ian Johnson won the bottle of wine but missed out with the joker!

Sergeant Lynton Kettle then held a short fines session. The Fiji RAWCS team got a hammering as did the four Ians.

President Don then closed the meeting. Next week’s meeting is at the Kookabar Café.



The new Bowral High School Interact Board.

HAPPY
Birthday

Ken Adams 19/9
Tim Bowland 23/9
Trevor Fair 14/9
Graham Hicks 17/9
Lynton Kettle 16/9 **
David Rees 28/9
** Special Birthday

