The Power of Three... and the Bumi Sehat Vision

A Three legged stool stands strong, even on bumpy surfaces. The midwives, nurses, doctors and families involved with Bumi Sehat believe in a three-legged approach to safer motherhood and infant survival, *Culture, Nature* and *Science*. We find that we are best able to support a woman on her journey, as she navigates through the waters of pregnancy, labor, birth and postpartum, if we respect these three aspects of healing and medicine.

Indonesia has beautiful diverse cultures. *Culture* will determine for a woman what she will be comfortable with. Will she be able to eat certain foods? Will she wish for many family members to support her during labor and childbirth? Or, will she prefer to be alone? Will she wish for quiet in the labor room, or joyful chatter? If a woman knows in her heart that she can say the prayers she feels will guide and strengthen her in labor, all will go more smoothly. If she is made to be ashamed of her culture, or is worried that she will be judged, her birth process could be impaired. In Aceh nearly all our patients are Muslim. The women do wear “jilbab” everyday. They eat “halal” food and they celebrate the holidays and rituals of Islam. Working with the “Dukun Bayi” (traditional birth attendants) and the “Orang Ilmu” (gifted people) of Aceh brings a deep level to trust to our clinic practice. Naturally all the food prepared for staff and patients in “halal” at Bumi Sehat Aceh. In Bali most of our families are Hindu. At Bumi Sehat they feel the awe of greeting their babies as they are coming into the world with the Gayatri Mantra and prayers folded with flowers. Likewise our Christian and Buddhist families feel free to share their prayers as they celebrate the births of their children with us.

*Nature* must be respected along the journey to motherhood, after all this is a natural ancient process that works. Nature’s most loving hormone, oxytocin inspires us to make love, to make babies. It causes us to labor and it drives the birth machine. Afterward it is oxytocin that prevents dangerous postpartum bleeding in
the mother. It makes lactation possible. We make our babies, we birth them and we may feed them due to the miraculous nature of the love hormone. So you can see why we must respect nature when it comes to caring for pregnant women and their babies. At Bumi Sehat Aceh’s birth preparation classes we teach that natural foods, breathing fresh air, and drinking pure water, avoiding all that is unnatural, is the key to respecting nature, and avoiding complications.

Science is the academic branch of midwifery care. Sometimes we need the help of obstetrical science to safely navigate the waters of pregnancy and birth. Applied with respect for nature and respect for culture, science can be a very effective blessing.

Group meeting with Bumi Sehat midwives, traditional birth attendants, pregnant women and Indonesian trained midwives to share knowledge and experience. Blending CULTURE, NATURE and SCIENCE to preserve lives in Aceh.
A miracle of mother’s love, as Hydrocephalic Baby Julaiha has survived against all odds. Bumi Sehat had paid for this child’s surgery soon after her birth, but doctors refused to do it, as they believed she had no chance of survival. Julaiha is now over two years of age. She is still breastfeeding and intelligent, a joy every day of her life. Her parents are happy to care for their special needs daughter. Bumi Sehat does what it can supplying medical back up and vitamin supplements, but this child lives because her parents take such wonderful care of her.
Dahlia lost her father and all of her siblings and grandparents in the Tsunami. Today she is a full-time midwifery student, fully supported by Bumi Sehat’s donors. Her plan is to work in the Bumi Sehat Aceh clinic, which is in the photo background.

It’s been a powerful year so far at Yayasan Bumi Sehat. Perhaps here I can only hope to share the highlights and the heartbreaks with you.

By January at the Bumi Bali Family Health and Birth Center the number of babies we were receiving began to soar. Though we never turned a laboring mother away, we were short of beds. Some nights recovering moms and their babies were transferred to Brenda and Pak Meng’s house, or to my house, just near the clinic. Thanks to the generosity of Marcella and Evan, who had their baby girl with me... Bumi Sehat has a new room. Instead of having just seven beds we now have eleven.

Because of the fact that the land Bumi Sehat Bali sits on is leased, we must move in less than five years. Megan Pappenheim’s Bali Spirit team threw us a fantastic Fund-raiser in March with Meghan McDonald as their organizer. Michael Franti and Oppie Andaresta donated their talents for a fabulous musical event. It was a sensational success! We have put these funds aside as a foundation of a substantial savings which will be needed to acquire a permanent home in Bali for Bumi Sehat. Thank you Team Bali Spirit for bringing us nearer to this goal!

The Bumi Sehat Aceh clinic, built by the Rotary continues to keep it’s doors open in service to the Tsunami survivors. Two beautiful midwives from Italy, Maria Dalle Pezzse and Lisa Forasacco gave six months of their lives in service at Bumi Aceh, working beside
our fifteen Indonesian live-in team members at Bumi Aceh. We are presently seeking a new international midwife or two to serve between six months to a year in this most desperate and beautiful place. Dr. Eman, Midwife Yanti, Nurses Leman and Bankit need help.

Team Bumi Aceh was blessed this year by the birth of Eti and Pak Sudung’s baby Daughter. Translator Mimi and Nurse Leman were married in August and have just announced they too are expecting a baby in March. This happiness makes life on-site at the clinic more joyful.

Yes, we have water births for the Tsunami Survivors, and twice a week we hold prenatal health education and exercise-dance-yoga for new and expectant moms. Our medical team has a close working relationship with the Traditional Birth Attendants in our area. Ibu Bulan and Ibu Sadhia have hand phones provided by our donors, they attend prenatal group classes with our midwives and expectant mothers, and call Team Bumi when a woman in labor needs assistance. This program has been a very successful in saving lives.

Yes, the Rotary NYC/Ubud ambulance is still running, doing amazing service in Aceh. Yes, the Bumi Aceh clinic is operating on solar power, with wind generator back-up. Yes, we maintain an organic garden to feed our staff and share with patients. Three of our team members will be attending the Yayasan IDEP “Green Hands” organic perma-culture farming capacity building workshop on scholarships donated by our sister NGO, Indonesian Development, Education, and Perma-culture. www.idepfoundation.org

The Tsunami is far from over, as waves of suffering still break on the lives of the survivors every day. Most are still jobless. Those that finally have little homes are blessed, but the entire population copes day to day with the flooding. The post disaster inflation of food prices make eating well and staying healthy an impossibility. Thanks to the generosity of Rotary Clubs International, Direct Relief International, BCC, Otis Elevators, IDEP Foundation, Paula Baudaux, and many many donors and volunteers from all over the world, the Bumi Sehat clinic in Aceh is still open, when so many Not-for-Profit Organizations were forced to leave.

Back in Bali the economy, like the world economy is suffering, which translates into an increase in poverty and malnutrition. Because Bumi Sehat accepts the poorest of the poor patients, we are seeing an increase in birth defects and babies who face death at the fulcrum of their births.

In July our team received a baby boy who did well throughout the labor, but died at birth. CPR brought him back, but he survived only nine hours. Without the availability of autopsy we have no explanation for why this extraordinary baby’s fate was to live a beautiful but short life. We did learn that both parents work full-time jobs, seven-day weeks, for the same business. For their toil their combined wage in about $40.00! The young husband shared his sadness that his pregnant wife and five-year-old daughter were eating only one small meal a day.

In August we had two babies in one night born without heartbeat or respirations. We were able to resuscitate and both babies are doing absolutely perfectly well, breastfeeding and growing. The third mom to give birth that same night bled out nearly a liter! Even with IVs in her arms, smiling and breastfeeding her baby, she never knew how close she came to death’s door. Our team quietly did their skilled work, not complaining that in that 24 hours they had received six babies and had had no rest at all.
Putu Restu was born with cleft palate and hare lip. His chances of survival were grim. With the support of Team Bumi and the amazing Australian women of Soroptimists International who bring us breast pumps (THANK YOU), Putu's mom, was able to breastfeed and bring her baby to sufficient strength to have the corrective surgery. Today they came to visit me at home. Putu's face was beautiful, he was tall for his age of just under one year. His bright smile is the best reward for Jon Fawcette and his team at YKI, who made this miracle possible. www.humanitarianprojectsindonesia.org

Following up on Elsa Mercedes, the ten-year-old Sumbanese girl that we took to YKI for help with a colostomy that had never been fixed, she is doing splendidly. The operation was another 100% success.

Jane Fischer of Team Bumi is seeking help for I. Kadek Pande Juliartha, a 14 year-old boy who lives near KAFE restaurant in Ubud and suffering from inoperable Nasopharyngeal cancer. Although the cancer has not moved to his organs, this young person has no chance without chemo and radiation. At this writing, his breathing is so obstructed we fear he could die in his sleep. Kadek's father is mentally handicapped and his mother has rented out the house, even the kitchen, just to make ends meet. Their son had qualified for the national program of government-paid health care for the poor and scheduled for treatment at Sanglah in late September, however the program was canceled. His parents had given up when caring neighbors called Bumi to help. Jane makes home visits and has helped Kadek's parents to change their son's diet to chemical and MSG free home-cooked food: organic rice porridges, lots of organic greens and protein provided by neighbors and Bumi. Kadek is taking Bumi Sehat vitamins, receiving acupuncture treatments from Dr. Bobbi and Dr. John Ross. Jane keeps bringing in the good cheer to keep Kadek and his parents hopeful that our community can find treatment for their son. Although Kadek's physical and emotional state has much improved, we are awaiting exact diagnosis while sourcing local Chemotherapy and Radiation treatments by launching an international appeal for assistance to cancer.
foundations who can partner with Bumi and give Kadek a second chance. For updates on Kadek email Ibu Jane: jane.fischer@hotmail.com

Ibu Anom, who came to us only after her cancer had completely eaten her breast, passed away in August. She had attended the bi-weekly free acupuncture clinic at Bumi. With treatments and herbal therapy from Dr. Bobbi she began to glow and feel so much better, even knowing that we could not save her. When I last spoke to Ibu Anom, she was just so happy that she had had this last year of strength and clarity to give her some time with her husband and eight year-old son. We thank Mark Savage of Semenyak Rotary for his continued support and for bringing Ibu Anom to us for treatment. Mark also found a wheelchair for Mas Jyoko who suffered a stroke and aneurism in January. Thanks to acupuncture treatments and Dr. Bobbi’s immediate response, Mas Jyoko is beginning to walk.

Patient Stats Bumi Sehat Bali January - September 2008:

- Prenatal check ups = 3472
- Births = 453
- Postpartum check ups = 582
- Sick or injured allopathic doctor’s patients = 772
- Acupuncture/chiropractic/homeopathy patients = 1679
- Pediatric patients = 551
- Total Bumi patients helped so far in 2008 = 7,509

Patient Statistics for Bumi Sehat Aceh Clinic January – Sept 2008:

- Prenatal check ups = 847
- Births = 68
- Postnatal and home visits/breastfeeding support= 553
- Emergency ambulance transports in labor to hospital 27
- Emergency ambulance transports sick/injured patients 45 (of these 12 critical)
- Sick or injured allopathic doctor’s patients 5211
- Total Bumi patients helped so far in 2008 = 6,751
- Total both clinics - thanks to our donors! == 14,260

Most common ailments among tsunami survivors:
Hypertension, skin rashes, infections, eye infections, dysentery, typhoid, worms, scabies, breathing/lung related illnesses, injuries from accidents, malaria cases are less this year Bumi diagnosed and treated 11 cases of Fulciparium Malaria.

BUMI YOUTH CENTER:
So far in 2008 the Bumi Sehat Youth center has awarded certificates to:
86 Computer students
71 Students of English Language

Our amazing young teacher, Yanti has left us to attend University in Holland. Her legacy is to have found four students from Buntut Sari village, Trunyan, Kintamani, Bangli, one of the poorest parts of Bali, where the citizens are dependent upon farming and they have long suffered a drought. Yanti found that since 1989 when statistics began to be gathered, only one student from this village was able to complete high school. These four students have reentered school, on a complete scholarship from Bumi Sehat, including room and board
near the schools, uniforms, books, supplies, every essential and some basic comforts. Their commitment is to become educators and provide their own village with teachers. There is already and existing school building.

Ketut Sudiarta: College level teacher training
Ketut Wiadini: High School
Ketut Danirat and Ketut Yuni, had dropped out and were working as maids, they are now back in Junior High school, planning to continue until they finish teacher training.

Yanti, working with Bumi Sehat had been bringing blankets, clothing, food, medical supplies, etc. to this destitute village high in the mountains. We realized that the blankets would rot, the food and medical supplies would be gone, but to help this village long term, we could endeavor to educate their youth. We are so proud of Yanti, and know she will quickly finish university and come home to Bali to continue to help her people.

Dr. Frank Butler and his team of international healer roustabouts will return again to Bali is January. We are so happy as this team brings medical relief to the most remote parts of the island. Dr. John Ross has continued to give generously of his time and talent as a healer. Dr. Soma continues her service to our pediatric patients. Dr. Bobbi is permanent volunteer staff, and a huge blessing for the Balinese people.

Many volunteers have come and served. Mitzi Myerson was back in Ubud helping the new mothers through labor with her healing hands. Nicole Heidbreder of the Doulas Association not only gave her time and energy, she raised funds to purchase essential supplies, including lights for suturing. Chandra the German midwife/angel has returned again to devote herself to the women and babies. Additional team blessings include; Midwives, Riyo of Japan, Leslie of New Zealand, Judith from the US, Doula Rachel and med student Jessica. Iva Delany has served both in Aceh and at Bumi Bali and continues to inspire us as she finishes her medical training in NYC. Kayla Barnes is so missed, after returning to the US she used her own funds to pay for our website! Linda Desmond, Sara Estrin, Stacy Gunter, and Clare Loprinzi... we hope you return. Pak Doug is not only famous for being the daddy of one of Bumi’s cute cherubs, he has taken over the job of securing the website. Frederic Challandes has continued to make our website changes and updates. Jane Fischer and Liz Sinclair head up the fundraising team, plus every kind of support possible. Zhouie Lee joins team Bumi having finished University of Iowa, she is now Ibu Robin’s personal assistant. Pak Wil provides filmmaking and media support. Lakota Moira translates and lays out our books and publications. Art work is provided by Zion Lee and Gede Robbi. Ibu Jen Richardson for inspiration, fundraising support and mediation services. Pak Frank keeps the accounting team happy and sane, while providing the Bumi Bali staff with delicious cakes. Brenda Ritchmond is finishing her master’s degree in midwifery, while being the mother of five, serving on the Bumi Sehat Board of Directors, and serving as our liaison between the Muslim community in Bali and the Birth Center.

Indonesian staff in Aceh: Dr. Eman, Nurse Leeman married to Mimi our translator, Nurse Bankit, Pak Sudung logistics and his wife Eti, our bookkeeper, Midwife Yanti, Midwife Lisa, Cooks, MaTun and MaNhi, Traditional healer Ibu Ayshia, Gardening and recycling; Safran, Drivers; Ijal and Marlin. Reception; Mellyana.

Bumi Bali permanent staff: Admin-accounting; Sandi, Eka, Ayu, Raka, Tini, Pastika, Youth Center; Kadek Ariawan, Translators; Endang and Ibu Gandri, Maintenance; Pak Gusti, Housekeeping; Ibu Putu, Jati, Made Ruma, Driver; Pagi, Night watchmen; Kunci and Tarjo, Gardeners; Suarsa and Sudika, Recycling; Kasid and Karta, Community clean-up; Darta, Saustika, Murdana, Pak Kaler, hair cutter. Medical team; Reiki; I.B. Rai, Dr. Wayan Sudiarsana, Nurses; Putu, and Sri, Midwives; Jero Susante, Agung Mas, Ayu, Agung Sayang, Ketut Suastini, Ketut Rutini, Kadek Dwi, Made Suastini, Brenda Ritchmond, Swandewi, Catherine Frankish and me... Ibu Robin.
There are so many donors and sponsors, it is impossible to thank them all... yet we wish to mention here people and organizations who have recently been extra generous in supporting Bumi Sehat Bali and Aceh. Our deepest gratitude....

Special thanks to the Bupati Gianyar, Tjokorde Oka Artha Ardhana Sukawati, affectionately known as, Cok Ace for their historic visit to the Bumi Sehat clinic on September 23rd. His political support helps to insure that our services continue into the coming generations.

InterContinental’s Community Program for Bali has chosen to sponsor Bumi Sehat this year. We are so honored. Their focus will be helping us with the purchase of medicines and helping to support the Indonesian medical team’s salaries.

Australian Volunteers International – thank you for giving us Midwife Catherine Frankish as a long term volunteer. Australian Business Volunteers – thanks for the sponsorship of Elizabeth Sinclair as our grant writer and capacity builder for the Administration team.

Australian Consulate General Direct Aid Committee – thank you for sponsoring the printing of Bumi’s next two publications; “Ibu Alami”, and, “Anak Alami” these books, like “ASI Esklusif Dong”, which you sponsored last year... will enhance lives.

British Community Committee (BCC)/Jakarta, thank you for your ongoing belief in Bumi Sehat Aceh, and for supporting that belief.

Special thanks to Bali Buddha, Ibu Brenda and Pak Paolo for providing financial assistance to the Bumi Sehat Youth Center and for sharing Ibu Brenda with us for all the years.

Margo Berdeshovsky... thank you for poetic, photographic and financial support. Still the “Lipstick Bird.”

Grazia to our friends in Italy... The City of Cesano~Moderno for ongoing generous support from each and every citizen. The family of Barbara Siliquini. The Alexander Langer Foundation for caring for Bumi Sehat and upholding Peace on Earth, Ingrid, Christine, Sabina, Marzia, Edi, Mau, Tiziana, and everyone who remembers Alex Langer and his message, most notably...Maurizio Rosenberg Colorni, Meriem Peillet and family. Please visit their website: www.alexanderlanger.org.

Paola Bonfreschi, Paola Migliorini and the tireless members of International Federation of Organic Agriculture Movements for inviting me to speak at the Organic World Congress in Modena. www.ifoam.org/modena2008

Midwives Wallaby and Farfala for having me speak at “Birth a Revolution in Peace” in Damanhur. www.damanhur.org

Irene Genovese and the amazing organizers of “L’Arte Ostetrica” A European Congress on New Perspectives in Birth, for inviting me to speak... and meet so many wonderful devoted midwives and doctors from all over the world, all caring for peace by protecting the next generation of humans.
Thank you Chiara and Farmacia Pozzi for promoting Breastfeeding and inviting me to Italy, I will be with you soon.

Il Melograno, Tiziana Valpiana and all the families who promote gentle birth in Italy. www.melogran.org

Huge thanks to my Publisher in Italy, Urra~Apogeo, for making “Dopo la Nascita del Bambino” available in Italian language, and spreading the news of Bumi Sehat.

Likewise thanks to Celestial Arts/10 Speed Press in Berkeley for keeping “After the Baby's Birth” and “Eating for Two” and therefore Bumi Sehat in the hearts of American moms.

Ibu Barbara and Ibu Nola, thank you for coming year after year with supplies and support.

Lee and Chris Beckom and their friends all over Santa Barbara.

Emerald Starr... for knowing what we need and making it happen.

Aloha Solomon for bringing supporters full of heart from all over the world to Bumi Sehat.

Sakthi Foundation is still helping us day to day on the US side, providing a 501C umbrella for our donations. They keep us going in so many ways, Pradheep, and Bruce... Thank you

Soroptimist International of Helena, has been one of our most faithful sponsors over a long time. Most appreciated are the medical supplies, nutritional supplements, baby hats, blankets and clothing, many of which club members hand make for us, and... financial assistance.

Rotary Club of Kew on Yarra has sponsored and paid for the updating of all of Bumi Sehat Bali’s IT, computers and media support. They have also donated a brand new baby scales and liquid vitamins for infants and children. This club has committed to Bumi Sehat as an ongoing international project, including financial support.

Direct Relief International is still the kind sponsor of the operational funds for the Aceh clinic. When so many international NGOs have left Aceh, Direct Relief remains loyal to the healing work we are doing there in the Tsunami Relief Clinic.

A Million Mothers Create A Miracle and their “Mom” Katherine Bramhall – you rock. See their website: www.amillionmothers.com This network of hearts has become a force of Mother Nature herself.

Liz Gilbert... thank you for placing Bumi Sehat on the "Eat Pray Love" website... so many people have found us there and come to Bali with offerings of help for our moms and babies.

The Ellen Watson of Esalen Institute massage group for bringing comfort to our pregnant moms and scholarships for Bumi Staff to train as massage therapists. Ibu Susan Stein also donated treatment tables, which we use at Bumi everyday. www.jarimenari.com
Ibu Janet Malloy and “Jani Silver” for their support of our student midwife, Suastini and for continuing to sponsor Bumi Sehat’s Mother and Baby survival programs. You can see their work at “Gemala”. www.gemalabalisilver.com

Pak Caine and the Dancing Donors for their devoted long-term support of Bumi Sehat.

Ibu Jayne Dixon thank you for the medical supplies and your willingness to ‘mule’ them into the country for us.

Thank you “Chautary Foundation” of Japan especially Mrs. Yamaguchi for support of scholarships for our midwifery students in Aceh, Dahlia and Yenni. These young tsunami survivors so appreciate the opportunity to finish their educations and eventually join the Bumi Sehat medical team in Aceh. Also for the wonderful baby clothing.

Robin Garrison of Maui, Hawaii, founder of Women who Care, “dedicated to helping women in need.” Plus the Maui midwives... Tina, Kadie, Jan, we love you and feel your devotion every day. Costa Rican midwife, Vanessa, who volunteered in May, is now expecting her third baby!

New Chapter Vitamins continues to supply Bumi Sehat patients in Bali and in Aceh with all the organic Perfect Prenatal vitamins that they need. For our developing babies it is their best chance at a healthy start in life.

Denis Raimondi and Helene Lindbloom Raimondi recently married and instead of wedding gifts have asked friends and family to give to our projects, they have donated the expression of their happiness to Bumi Sehat via Sakthi Foundation. Denis is also visiting Rotary Clubs in the U.S. on our behalf.

Our newest addition to the Bumi International family is the “Yogi’s Unite” group from Las Vegas, Nevada. Thank you Sharon and Drey for extending your hearts and Namaste.

Om Shanti to the Brahma Kumaris team building and meditation program that they have shared with Team Bumi Sehat Bali.

Pak Clint Leazer, thank you for your support in so many many ways.

Huge thanks to Rotary Ubud, especially; David Kupper (father of the Aceh clinic), Tandy, Daisy, Raiki, David Lovental, Adrienne, Eko, Alisa, and new member Nita. They are working hand in hand with Rotary Clubs all over the planet to fund an ambulance for the Bumi Bali clinic.

***Look for the U-booo-d Halloween Ball fundraiser this Oct. 31st from 7 to midnight at Gaya Fusion in Sayan. Our Rotary Ubud has organized what promises to be this year’s spookiest fun event, to raise funds for the Ambulance matching grant. Tickets are only rp. 200,000. Wear a costume of rent one at the door!!! For tickets all Ibu Robin 081338 338 256 or come by the Bumi clinic, or ask a Rotary member.

Bumi Sehat is completely dependent upon care, kindness and generosity to keep our services going. So many people come by and offer help, too many to name here. We are so full of gratitude... those of you receiving this letter – have been essential to our projects.
You have preserved precious lives, relieved suffering and quietly you have radiated a message of peace.  
Om Shanti, Thank You and Love... Ibu Robin

How to make a donation...

**Donations via Paypal... go to our website:  
www.BumiSehatBali.org

Send checks EARMARKED FOR BUMI SEHAT to  
Sakthi Foundation  
1507 Lone Oak Circle, Fairfield, Iowa 52556

Alternatively you may choose to transfer donations directly to our Account in Indonesia:

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Due to his handicaps Kadek, age 8, may never walk unassisted. With help from Dr. Bobbi, Dr. Soma and Dr. Wayan Sudiarsana at Bumi Sehat, the quality of Kadek’s life is much improved. The radio from Nurse Rachel adds some smile medicine.

Bumi Sehat Babies... thank you all for giving them a better chance at growing up healthy!