Program: Gentle Safe Free Childbirth at Bumi Sehat Bali
Grant amount: USD 45,000

Contact persons:
- Midwifery matters ~ Ibu Robin Lim iburobin@bumisehatbali.org
- Education ~ Trisna Monalisa mona@bumisehatfoundation.org
- Finances ~ Frank Wilson frankgavanwilson@gmail.com
- Office liaison ~ Eka Yuliani eka_yulianibali@yahoo.co.id

From: Bumi Sehat Foundation Nyuh Kuning Village
PO Box 116 Ubud, Gianyar, 80571
Bali, Indonesia
www.bumisehatfoundation.org

Yayasan Bumi Sehat means Healthy Mother Earth Foundation. We believe in people’s access to quality healthcare, education and food security, as basic human rights. We believe that each individual is an essential societal component of peace.
Dear Dining for Women Family,

Nearly everyday at Bumi Sehat mothers come by, to show off growing babies, born into the hands of our midwives. They come when their babies need help, they come for family planning, they come for breastfeeding support, and they come to Bumi Sehat to say, “Terima Kasih ~ Thank YOU!”

Love, Ibu Robin Lim and all the Bumi Sehat Midwives
Recap

As I recap the year, of our midwives’ partnership with Dining for Women, I remember the smiles and reduced stress of these women, most of them from indigent families, who could not have afforded prenatal care, birth services, and postpartum care, in any other facility in Bali. Because Dining for Women has supported Bumi Sehat’s Midwife-to-Mother care program in 2015... 4,169 prenatal exams, 242 ultrasound evaluations, 505 postpartum exams, 556 Neonatal check-ups and 358 Babies were born into our midwives’ hands. All of the care you helped provide was rendered with respect for the women, something they are not often given in other medical settings in Indonesia, especially if they are poor. This gentle model of culturally appropriate respectful care is indeed an accomplishment. It is what makes our midwives proud to work for women and children, with the support of Dining for Women.

Challenges

The challenges we face at Midwives in this low resource, high risk setting, are many. For example, new Department of Health regulations no longer endorse midwives to deliver breech babies. Just yesterday, a second time mother, came to us in labor, with a breech baby. To maintain our licenses we were obligated to take her to the hospital, where a cesarean birth was forced upon her, against her will. Ibu Jani is shattered. She does not know how her family will cover the costs of the cesarean birth. Tomorrow the Bumi Sehat ambulance will bring her to our clinic, for postpartum care and breastfeeding support. We will somehow find the money to help her pay the hospital.

In 2015 the Department of Health in our regency required us to remove our water birth tubs. Many of our mothers, request labor in the water and some wish to birth in the water, for the natural pain relief is gives them. We midwives believe this comfort measure, which the research shows is safe, is a human right. When the water birth tubs at Bumi Sehat were removed, there was an outcry from the women in our communities, and throughout Indonesia. Our midwives, cried, our mothers cried, and women’s support groups protested, but there was nothing we could do. We must comply with the local regulations, even if these rules discriminate against the reasonable choices of women. It is so difficult to tell a mother that she cannot have the birth she dreamed of, that she studied all about, and planned for. What we midwives can do is give more of other comfort measures, like massage during labor, and continuous support. It is terribly challenging for us as midwives when we wish to give optimal care to mothers, but the regulations prevent it.
Leassons Learned

In 2015 the Bumi Sehat midwives learned just how much the women we serve want to take an active role in their healthcare. The attendance at prenatal yoga classes just keeps increasing. The women are always delighted during prenatal check-ups, when our midwives say, “Any questions?” This is something they would never hear at the Obgyn office, not in Bali. The women also love the book we give each of them, Ibu Alami (Natural Mother). They cherish and share the book. The mothers are delighted when after the birth they are given more books: Anak Alami (Natural Child) and for the new fathers, ASI Esklusif Dong (Exclusive Breastfeeding Dude), all free as gifts from our midwives to the women (and new fathers). We learned that we can give the best possible care, even when our hands are tied by sexist regulations... we just add more love and more respect. The women appreciate this care, so much
Unexpected Finding

Women find us. Rahna is Papuan, her island is in the farthest Eastern part of Indonesia. When having her first baby, she was forced to have a cesarean surgery. She was fully dilated, she could feel her baby coming down, her urge to push was enormous, but she was wheeled into surgery. She could hear that the baby’s heart rate was perfectly normal. So she could not understand why she suffered a major surgery, against her will. One midwife at the hospital in Papua whispered to her, “Well, the new doctors need to practice.”

When Rahna was expecting her 2nd baby, she and her husband, both school teachers, saved every rupiah, and came to Bumi Sehat. The 2nd baby was safely born into the hands of Bumi Sehat midwives, and there was no charge at all. The family offered the midwives two hand woven Noken, the traditional baskets worn on the heads of Papuan women, to carry sweet potatoes, or piglets, or a new baby. We could not believe how far Rahna had come, to find a gentle birth. When her 3rd baby was soon to be born, the Obgyn she went to for a check-up told her that even though she successfully had her 2nd baby vaginally, she must have the 3rd by cesarean. She asked him if there were particular risks, her answered, “It’s just the rules.”

Rahna came again to Bumi Sehat, traveling such a great distance, because she needed respect. Rahna needed to know that her midwives would evaluate the risks and support her inner knowing and that ultimately... she had power over her own body.

Fitri, herself a student midwife, had two very traumatic births at the hospital in Palembang, Sumatra. She describes her experiences as rapes. She remembers many doctors examining her roughly, without her permission. An episiotomy was cut, to widen her vigina, though she knew this was not necessary and a protocol no longer used, except as a kind of cruelty. More terrible, her babies were separated from her for many hours, while she waited, naked on an OB table, in full view of strangers, and no one even helped her cover herself. Fitri had read about Bumi Sehat, and seen television interviews with our midwives, all about gentle childbirth and respectful maternity care.
When Olga had her first baby in Moscow. The baby was taken from her for five days, for no medical reason. This is just the routine care given to mothers and babies. She later learned that had she paid a bribe, she could have seen her baby three days after the birth. Olga was forced to lay on her back when her baby was born.

When Olga was expecting her 2nd baby, she saved and borrowed money, and flew to Bali, with her mother, just to have a chance to have a gentle birth. When she was met with hugs from our midwives, she cried. Olga had a wonderful birth at Bumi Sehat. She learned that our midwives like to call our style of respectful care, “Awakened Childbirth.”
Olga and her mother donated a very generous sum of more than $1,000 to Bumi Sehat. This money helped us to rescue a baby being held in a hospital in Bali, in lieu of payment. This situation happened when an indigent Balinese woman became high risk and we needed to transport her to hospital. In this part of the world, women cannot take their babies home from the hospitals following the birth, until they are able to pay the bill in full. What we midwives did not expect when we designed a program of wonderful, respectful, gentle childbirth, was for women to be so determined to find us, even from very far away. Women who have suffered abuse while having a baby, will do what ever they can, and find the resources to get the care they wish for, if at all possible. We have stood in awe of women who come to us from the Philippines, Sumba, Lombok, Timor, Jayapura, Sulawesi, Banda, Sumatra, Kalimantan, Flores, Java, Russia, Ukraine, France, Malaysia, to name some of the places women we have served come from. These women are refugees, running from trauma, toward the kind of care they know they deserve.

For this reason the midwives of Bumi Sehat Bali, Aceh and Bumi~Wadah Philippines, are devoted to join the effort of securing Human Rights in Childbirth, in our communities, and all over Earth. Women are vulnerable in childbirth, and they need other women to support them, and protect them.

Nearly every week, and sometimes 2 or 3 times per week, the Bumi Sehat midwives host ½ day seminars for student midwives, from all over Indonesia. They come by plane and bus and ferry boat, to learn and share. These student midwives, 13,000 per year, all wish to learn all about gentle respectful Midwife-to-Mother care. This is how we build an Army of Midwives to care for and protect women.

This is why partnerships like the one forged between Dining for Women and the Midwives and BirthKeepers of Bumi Sehat Foundation International, are so very important. Thank you, Terima Kasih ~~~ for the support of Bumi Sehat and for all the essential and life saving work you do with women’s organizations World wide.
When Deela came to the midwives at Bumi Sehat she was 32 weeks pregnant. Her mother, father and six year old brother were with her. She was confused, and did not clearly believe that she would be having a baby, nor did Deela understand how she became pregnant. Deela is fourteen years old. As Bumi Sehat midwife gently counseled Deela on what lab tests involved, and helped her understand what an HIV test is, Deela’s mother confided with midwife Dewa: "This is not our daughter's fault. My husband and I are burros, we carry stones on our heads on construction sites. We work too much, never taking a day off. We do this to save money for our children's education. We left the children alone all their lives, from dawn to dusk, in a kos (rented cement room, with shared toilet, where poor displaced people stay)."

Midwife Dewa shared tears with Siti, only 33 years old, and soon to be a grandmother. The years of hard work marked her face and her hands were as hard and rough as the stones she carried.

Suastini and Lab technician, Erni, emerged from the lab with smiles. The blood and urine test had gone well. Deela announced as she hugged her mother, "I have no sickness!" All lab tests are confidential at Bumi Sehat, because Deela had been raped, her family was quite afraid of HIV and other STIs, our midwives had explained to the parents, that only their daughter could share her lab results.

Ultra sound is not routinely used at Bumi Sehat, but we are blessed to have a donor that purchased an ultra sound machine for Bumi. Many of our midwives had taken ultrasound training with Sue Westerway, the #1 ranked ultrasound specialist from Australia. Sue visits Bumi Sehat to do trainings, often. Midwives Suastini and Dewa offered Deela a scan, so she could see the baby. "But we have no money." Deela sadly said. "No worries chimed the midwives, all of our services are free, even when you give birth, there will be no charge at all. Deela's parents eyes flowed with tears. The entire family joined Deela for Her ultrasound scan. They delighted in seeing a healthy baby on the screen, "See the four chambers of the beating heart..." Midwife Suastini said, "We won't look at the baby's sex, that is a surprise." Baby's position is good, the spine and kidneys appear healthy, placenta is nice and high, and there is plenty of amniotic fluid, well done Deela, you are growing a healthy baby." Midwife Suastini's kind words really help the family feel better about everything.

After that day, Deela came with her family to all scheduled prenatal care appointments. The Bumi Sehat midwives expressed concern, as this was a Muslim family from a region of Indonesia that practices Shariah law. Deela’s father wept when he shared his concerns. "At home in Sumatra, our daughter would be stoned to death for being pregnant out of marriage. We will never go home again, thanks to Allah, we stay here in Bali, where our daughter is safe."
Midwife Agung Mas, Bumi's most senior midwife explained to the parents; "In Indonesia don't have a society that rille rates single mothers. Many single mothers become prostitutes because it is the only job they can find, to support the child. Others in desperation sell their babies. The fate of these children is much worse than slavery. What will your family do to protect your daughter and grandchild?"

The grandfather to be said, "Allah forgive me, but we accept our fate together. We will remain a family. Our daughter and her child will not be put out. We have nothing, but we have love and devotion for one another, we will manage."

When Deela arrived at Bumi Sehat in labor, the midwives called me in, "Ibu Robin, we would all like your support." I arrived to find Wayan and Ari, two younger midwives who were supported by full Bumi Sehat scholarships, to become midwives, rubbing Deela's back. Our most senior Midwives, Agung Mas and Ibu Dewa, were with Deela's mother, doing what grandmothers do, choosing the best baby clothing and receiving blankets from the big box of donations. Deela's six year old brother was enjoying the toys and books provided for children. It was a happy scene. "Here arrives Ibu Robin." said Dewa, "Explain to Deela's mother, that teenagers really can give birth, you were a teen mother, she will believe you."

I explained that, yes, I was also a teen mother, and my first baby was born perfectly, and quite quickly, into the hands of midwives in America. I also reassured grandmother to be, Siti, that our ambulance and driver were on standby, just in case risks should arise, we would go with her daughter yo the hospital.

Deela's labor progressed quickly, with no complications. Siti stayed by her daughter, the midwives offered fragrant massage oil, which Siti rubbed lovingly on her daughter's back and thighs. Each time the midwives checked the baby's heartbeat, Siti would shout to her husband, waiting outside and looking very worried, "Old man, can you hear your grandchild had a strong heart!"

When Deela's body was ready to push, she chose to lay on her side, supported by Her mom. Midwife Dewa's shift had ended, but she stayed on, for she had bonded most dearly to this family. Agung Mas and two younger midwives, Wayan and Ari, were also on hand to help.

Deela was brave and strong, she and her mother prayed with the midwives. There were moments when Deela cried to her mother, "Please mommy, it hurts, make the pain stop, please." The midwives would wipe the tears from Siti's eyes and with the same small towel wipe the sweat from Deela's brow as the Baby emerged gently. All of us midwives were in awe of this family, and this child-mother.
On April 1st, the Bumi Sehat midwives attended the funeral of Baby boy, born into our hands only 48 days ago. Two days earlier his mother woke at 5 am, to find him cold. Only a few hours earlier he had breastfed well. She rushed to hospital, the doctor said it was SIDS, no reason, just a terrible tragedy. The baby's father was away off island working, the mother's first phone message was to her midwives at Bumi Sehat. Only a week earlier the family had come in to weigh and check the Baby, who was growing fat and in perfect health. They also wished to show off their first two children, also born at Bumi Sehat. We helped answer questions for properly registering the Baby's birth, this loss was completely unexpected.

Of course the Bumi Sehat midwives attend our families when the face death as well as birth. It his case the family is indigent, so Bumi Sehat helped to cover funeral costs, because that's what families do.

Baby boy Fizal open his eyes even before his body was fully born. Deela reached for him and took him to her heart for that first blessed embrace. "Baby knows me mother, look he knows me." Fizal went right to work latching on, gazing from his mother to his grandmother's face. There was no tear, and Deela did not hemorrhage. Soon the midwives went to bring the new grandfather and small uncle in, to greet the newest member of their family. At 2.7 kg Fizal was the most welcomed and loved unplanned baby on Earth.

In some way every midwife at Bumi Sehat touched this family, some gave nutritional advice to Deela and her mother, others were just plain kind, with no judgement, only love and support during prenatal visits. In the postpartum days the midwives were diligent with breastfeeding support and comfort measures for Deela, even more, they kindly fed the entire family. Siti thank each of the midwives on the birth team, for being the light that showed them hope, in their darkest hour, when they realize that their daughter was pregnant. “We heard that Bumi Sehat was a kind and clean place, but we could not imagine there would be so much acceptance and love.”

Midwife Dewa laughed, “Love is our job!”

Beloved Baby Boy
A happier story unfolded earlier last week. A young couple from Kintamani, high up mountain, were brought into Bumi Sehat by their Kepala Desa (Village Leader). Koming was but 19, and this was her second baby. They had no money nor transportation to seek prenatal care. She was due any moment, and this prenatal visit with the Bumi Sehat midwives was her first.

We midwives learned that Koming’s first baby was a premie, stillborn around the 7th month. Koming had been picking fruit in the steep orange orchard where she worked. She began to have back pain and tried to make her way home but she fell. In the ravine her water released and contractions became very strong.

Before her husband found her, their lifeless baby had been born, and Koming was hemorrhaging. The blessing was that a passerby up on the road got them to hospital on time for transfusions, that saved Koming’s life.

The Bumi Sehat midwives convinced Koming and her husband Ketut to stay at Bumi Sehat and await the birth of their Baby. I noticed Ibu Eka giving them money from her own pocket, because they had not one rupiah.

Early Tuesday morning, Koming’s labor began. She informed her midwives. The gentle work of comforting Koming had begun. Ibu Agung Mas sent a text message to the village leader’s cell phone, to ask for prayers from their mountain people at home. Only three hours later the midwives sang Gayatri mantra for this was a Hindu family, and we like to greet each arriving baby with a song. The song filled the room and the hall way outside as Koming birthed her 3 kilo Baby Girl. Tears of joy ran down the face of her husband and we midwives were so happy to do what we could for this miracle. Koming began to hemorrhage, like she did following her first baby’s birth. This time was very different as she was in the care of skilled midwives. In moments pitocin was injected, and all went well. Koming and Ketut were busy bonding with their healthy new daughter, and helping her breastfeed for the first time. A wonderful first embrace, a happy beginning.
# Outcomes

## January-December 2015

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### Financial Report

**January-December 2015**

#### Yayasan Bumi Sehat: Gentle Safe Free Childbirth at Bumi Sehat Bali 2015

**Donor:** Dining for Woman

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<td>1.2.1</td>
<td>STAFF</td>
<td>Senior Midwife</td>
<td>4</td>
<td>person</td>
<td>month</td>
<td>IDR 16,900,000</td>
<td>16,900,000</td>
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<td>1.2.2</td>
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<td>Junior Midwife</td>
<td>11</td>
<td>person</td>
<td>month</td>
<td>IDR 19,110,000</td>
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<td>1.2.3</td>
<td>STAFF</td>
<td>Monthly medicine &amp; supply expenses</td>
<td>1</td>
<td>Supply</td>
<td>month</td>
<td>IDR 12,525,500</td>
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</table>

**Notes:**

- Overhead 1: 12 months

**Total Project Value:** USD $45,000.00

**Opening Balance:** USD $45,000.00

**Total Funds received from Donor:** USD $45,000.00

**Total Funds received from Donor:** IDR 585,000,000

**Less Administration cost:** IDR 585,000,000

**Project Funds for project:** IDR 585,000,000

**Closing Balance:** IDR 585,000,000

**Project Funds for project:** IDR 585,000,000

**Progressive Balance USD:** USD 41,266.21

**Progressive Balance USD:** USD 37,532.43

**Progressive Balance USD:** USD 33,798.64

**Progressive Balance USD:** USD 30,064.85

**Progressive Balance USD:** USD 26,331.06

**Progressive Balance USD:** USD 22,597.28

**Progressive Balance USD:** USD 18,863.49

**Progressive Balance USD:** USD 15,129.70

**Progressive Balance USD:** USD 11,395.92

**Progressive Balance USD:** USD 7,662.13

**Progressive Balance USD:** $3,928.34
Bumi Sehat Midwives

We love you, Dining for Women
Thank You