



**NEWSLETTER**  
**Volume 3 – August 2022**

**Rotary Community Breast Milk Bank**  
**(Registered Charitable Trust)**

Welcome to the 3rd edition of our newsletter.

It is now 4 years since we opened our doors to support new born babies in Canterbury with the gift of liquid gold. The gift of pasteurised donor breast milk (PDM), is intended as a short-term gift to support a mother to exclusively breastfeed her baby/babies while her own milk supply establishes. To date we have helped over 1478 babies to be exclusively breastfed, which improves the long-term health of these children. The gift of liquid gold also has the added benefit of reducing stress levels for the mother, which in turn helps improve her milk supply.

We are struggling to staff shifts at the milk bank as we lost some wonderful volunteers with the vaccine mandate requirements. We have a core group of friendly team members that would like to hear from you if you can help. We could not run our service without our volunteers, so if you have a few hours a week to help we would love you to make contact. It is very rewarding seeing the gratitude on the parents or grandparents faces when they receive the PDM, or accepting donor milk from our brilliant donors.

A big thank you also for our excellent Treasurer Murray Compton, who is retiring from our board in the near future and a warm welcome to Grant Rae who has taken over from Murray. Grant is a Rotarian with Garden City Rotary and Murray is in Riccarton Rotary. Both Murray and Grant are very experienced accountants and we are very fortunate to have them on board.

Every person who is involved with the Rotary Community Milk Bank donates their services, which is marvellous and allows us to continue to operate within budget, as we must fundraise for all costs. The bulk of our costs are the blood tests for the donors and the milk culture tests for each batch of milk pasteurised. Other costs are the donor kits we supply to the donors and the consumables involved in the pasteurisation process, such as gloves, gowns and bottles to put the milk in. We are very grateful for the ongoing support we receive from St George’s running the freezers, Internet and telephone.

**Yvonne Hiskemuller**  
**Chair Rotary Community Breastmilk Bank**

2021 was the biggest year the milk bank had had since we opened the doors in 2018. We helped 380 families during the year and this included 7 sets of twins and 3 ladies dealing with breast cancer.



Marion and Kathy all suited up and in the middle of pasteurising.

last year we had 47 pasteurising runs and dispensed 283.515 litres of our Liquid Gold to babies in need.

To date we have had 96 donors who willing donated their excess breast milk for us to give to others that struggled to establish their own supply. The stresses of the lockdowns and restriction meant that our volunteers kept fit dispensing and picking up breast milk in St Georges carpark so we didn’t compromise the hospital during these times.



[Our stand from the recent BF Week](#)

[Straight from Scotland](#)

Students in and advanced Biology class were taking their mid-term exam. The last question was, “Name seven advantages of Mother’s Milk”. The question was worth 70 points or nothing at all. One student, in particular, was hard put to think of seven advantages.

However, he wrote:

1. It is a perfect formula for the child.
2. It provides immunity against several diseases.
3. It is always the right temperature.
4. It is inexpensive.
5. It bonds the child to the mother and vice versa.
6. It is always available as needed.

And then the student was stuck. Finally in

### Recipient's Corner – Rebecca Koopman

Hello I am Rebecca our twins, Andreas and Lucas, were receiving donor milk from your wonderful service for the first couple of weeks of their lives. It has now been three weeks since their birth and I am supplying them with all the milk they need! I wanted to reach out to let you know of our success so far and to thank you for the incredible gift of milk which has made this possible.

Thank-you for your service and help that enabled me to reach my goal to ensure our boys received only breast milk. Without your service here is no way I would have been able to maintain exclusive breast milk feeding during the first two weeks when I was establishing my supply. As we live out of town near Methven, My Mum picked up the milk and bought it out to us so I never had the pleasure of coming in to the office and meeting the lovely volunteers, but I am forever grateful for the kindness and support of all who we talked to.

We are so thankful and so blessed by your work. Words cannot express the gratitude we feel!



### Rotary International Director visits the Milk Bank

On the wet and wild morning of the 28<sup>th</sup> June Jessie Harman, a Rotary International Director, along with District Governor Nick Courtney and a band of Rotarian leaders visited the Rotary Community Breast Milk Bank at St. George's hospital. District Governor Nick was delighted to be able to recognise the work of some of the volunteers by presenting them with Certificates of Appreciation on behalf of our Rotary District.

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Rotarian Liz Courtney, Vice Chair and Trustee of the Milk Bank, had organised the visit to showcase the work of our volunteers. After a brief overview Liz handed the reins over to Fenn, Kathy and Marion who showed everyone over all areas of the Milk Bank operations.

We also told the group the stories that have impacted us all as volunteers. Helping babies who have required milk because of operations, mothers with cancer who were determined to give their new-borns the best possible start while they underwent treatment and mothers with twins who found it difficult to establish their milk supply.

We also expressed how grateful we are for the support of St. George's Hospital who have given us a dedicated space to work from.

The group were impressed by our professionalism, our volunteers and the growing of our free service to the community.

The volunteers present also thanked all the Rotary members present for all their financial help and fundraising they have done so we could achieve our goals in providing a community breast milk bank.



### DONORS NEEDED PLEASE HELP US

We are always looking for breastmilk donors too, the more milk we have the longer we can support babies to be exclusively breast fed. It is always very disheartening when we don't have enough PDM available and have to say no a potential recipient. If you know of anyone who may have spare breast milk and would be interested in donation, please mention the Rotary Community Breastmilk bank to them.

We can be contacted by email at [Rotaryc9@gmail.com](mailto:Rotaryc9@gmail.com) or by phoning 033756281 or visiting us on Facebook.

# DONATION CARD



## ROTARY COMMUNITY BREAST MILK BANK

(Registered Charitable Trust)

To support the Rotary Community Breast Milk Bank Charitable Trust Inc., please fill out the form and post to: **The Rotary Community Breast Milk Bank, 248 Memorial Ave., Christchurch 8053.**

Donation Amount NZ\$ \_\_\_\_\_ Signature: \_\_\_\_\_

Please use internet banking: **Rotary Community Breast Milk Bank, Account no. 03-1369-0274292-00**

First Name: \_\_\_\_\_ Mr./Mrs./Miss/other (circle appropriate)

Surname: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ email: \_\_\_\_\_

A receipt quoting the Rotary Community Breast Milk Bank, CC55079 will be posted to the above address.

*The Trust is registered under the Charities Act 2005 no. CC55079*

*Thank you*