



Maternity Newsletter

MERRY CHRISTMAS



For unto us a Child is born

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Feature of a Midwife



Midwife and parangero
Sepherina Allard



Sepherina Allard during one of
her many parang concerts

Sepherina Allard a Midwife and District Health Visitor now retired belongs to the parang group Dinamicos Dinámicos which came into fruition in September 1986.

The group is a combination of the Allard Family, relatives and close friends. It has persisted in maintaining a family atmosphere that has been its principal cohesive force, since its formation.

This sense of family-life and togetherness constitutes the indisputable core of resilience, which has helped Dynamics to rise and achieve its many successes.

It's repertoire of music is largely original and composed by Francisca and Philip Allard, Sepherina's brother and sister.

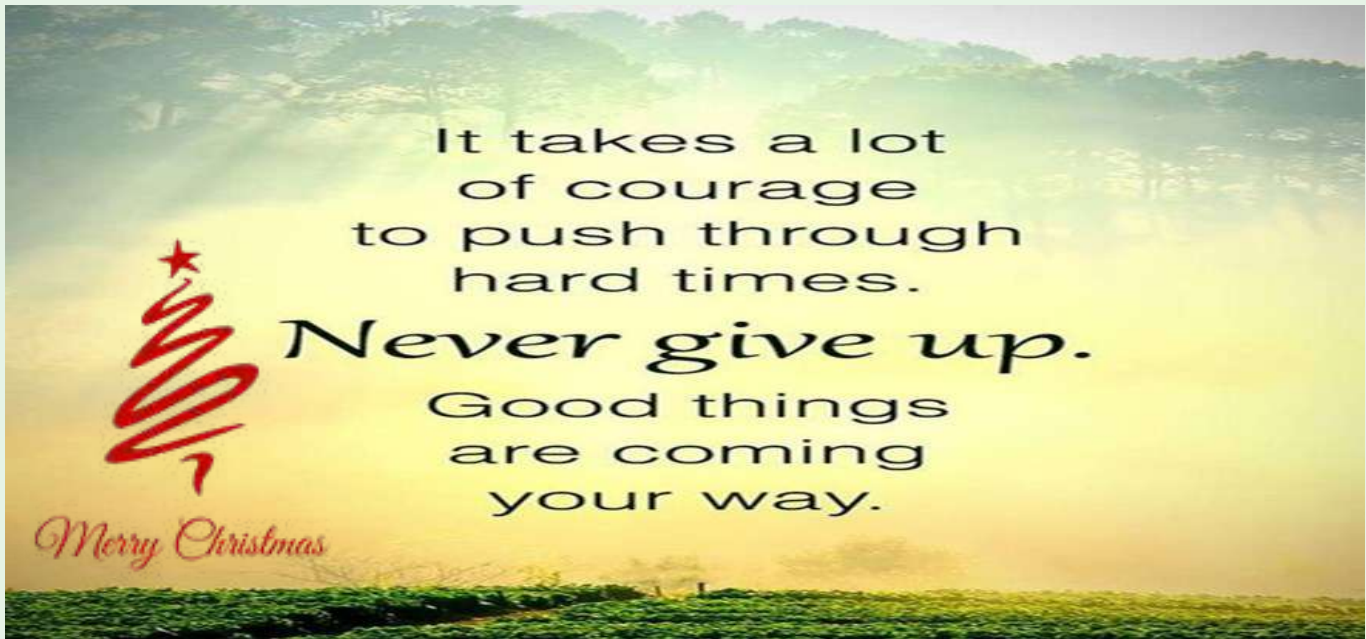
Over the years prior to retirement, Sepherina used her skill to form a small parang group with fellow nursing colleagues and during the Christmas holidays serenaded patients and staff alike bringing cheer to all.

So folks Midwives got talent too.

Written by
Kathyann Thomas Elbourne



Our Motto: *A Vital Link: Educating the Family –Delivering the Future*



FROM THE PRESIDENT'S PEN

Christmas Greetings to all our readers and a Happy, Healthy Prosperous New Year!!!

As the year ends so does my term of office. I extend my sincerest thanks to all of you who have supported me throughout my previous term in office.

Thanks to the dynamic editorial team who have worked so hard to keep the Association current & up-to-date with Articles in the Quarterly editions.

As I review the past publications, I reflect on some of TTAM's achievements.

Successful Webinars on History of Midwifery in Trinidad and Tobago:

- International Day of the Midwife Walkathon in 4 of the 5 Regions
- Review of the Constitution
- Association's Retreat
- Increase in Membership
- New Strategic Plan 2022-2025

Thank you to all who supported the Newsletter over the past years.

We look forward to the continued publication of the Newsletter in the coming year.

Marcia Rollock

President



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CONVERSATIONS IN MIDWIFERY 2022

The announcement was made we were on orange alert! Skies were overcast but alas! the conversations must go on.

I am pleased to report on the commitment and dedication shown by Midwives who came out and supported the ‘Conversations in Midwifery’ on October 28th 2022 was remarkable.

Midwives from all across Trinidad and Tobago to the number of eighty-four (84) came to the Creative Arts Centre in San Fernando to hear our conversations.

The conversations embraced the theme “100 Years of Progress: Where are we as Midwives in T&T?”

Following the prayer we had the welcome by the PRO Mrs. Kathyann Thomas Elbourne and greetings by our President Mrs. Marcia Rollock.

Ms. Keisha Cruickshank scintillated the audience with financial literacy. This was quite a thought provoking session as it made you reflect on what you really knew about money management, savings and separating your wants from your needs. The bottom line being, it’s not about working for money but how to make money work for you.

Mrs. Debrah Lewis spoke on the SoWMY report and how it relates to the Caribbean and specifically Trinidad and Tobago and need for data which would provide a true picture of the country, hence the importance of taking part in the survey that was shared a few months prior.

She noted that the National Advisor Nursing Services was working with Regional and International bodies to bring about change for Midwifery and to improve the profession from the Educational and Regulatory perspectives. Basically mechanisms are being put in place to raise the bar of Midwifery Practice.

Mrs. Kathyann Thomas Elbourne completed the conversations by showcasing why those who were not yet members should join the Association. The benefits were laid out as to how it affects your life both personally and workwise and the gains that could be achieved through networking.

TTAM says thanks to all for making this day possible and for more information check our website.

Kathyann Thomas Elbourne



Port of Spain School of Midwifery lecturers Mrs Lee King [Lt], Mrs Haynes Stewart [Center] and Pupil Midwife April Walcott.



TTAM Committee members during the registration process for the day’s events.

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Conversations in Midwifery 2022 cont'd



TTAM members actively listening to one of the feature speakers during their 2022 Conversations in Midwifery



Door prize winner Ms Aleisha Edwards receiving her prize from former TTAM President Mrs Marcia Rollock



TTAM Executive member Mrs. Norma Alexander Mason and Moderator Mrs Annette Bristol Martin

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The Trinidad and Tobago Association of Midwives 2020 to 2022
Some Executive members .



Door prize winner Megan Walters receiving her
prize from TTAM Committee member Mrs
Arlene Euin



TTAM Committee member Alicia Ross thanking
lecturer Keisha Cruickshank for her very
informative lecture on Financial management.



Corrine Bishop [Lt] and Makeda Logie Pupil
Midwives from Batch 62 from South School of
Midwifery

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Midwives Tips

Healthy Eating During the Christmas Period...Pregnancy Edition



It's here once again, the lovely yuletide season and along with it Family, Friends, and Food! The key to surviving this season with all the Christmas 'limes' and family get-togethers is that lovely word MODERATION. Here are a few tips to make the holiday eating season an enjoyable one.

1. Think Green: Green leafy vegetables are a good source of iron, folate and calcium, all needed in higher amounts during pregnancy. When planning meals try and include foods such as patchoi, lettuce, watercress and spinach. Christmas is also great time to get experimenting in the kitchen and try new recipes such as spinach and cheese multigrain bread rolls. For an added crunch add nuts and seeds to your salad. They are a good source of protein, calcium, folate and omega fatty acids 3 & 6.
2. Tis the season for an abundance of meats & poultry...Ham, Turkey, Roast Beef, Baked Chicken.... so many options what should I choose? Foods from Animals are a great source of protein, needed for growth and development. However around the Christmas season, some of our traditional items maybe higher in fats and sodium. A good tip is to use $\frac{1}{4}$ of your plate for your protein items and select or prepare items using healthier types of cooking methods such as baked or steamed. To give that true Trini flavour, use fresh herbs and seasonings such as shadon beni, chive, pimento and limit or avoid high sodium flavourings/seasoning additives.
3. Should I cut the CARBS? Carbohydrates play a vital role in providing that much needed energy, especially needed for those long shopping trips and 'putting together the house.' However in excessive amounts may lead to unhealthy weight gain and for those with Gestational Diabetes can cause elevated blood sugar levels. So where do we find them?...basically everywhere! Our local favourites such as pastelle, rice dishes, pasta dishes, casseroles and ground provision. Don't despair, all is not lost, actually just a bit of recipe tweaking and these can be just as healthy! For instance rice and pasta dishes provide great opportunities to add vegetables and even some dried fruit such as raisins and cranberries, whilst ground provision provide some much needed fibre. When preparing combination style dishes such as casseroles or even pastelles, select lean types of meat filling and toss in some veggies.
4. Do beverages count? They sure do! Drinks such as Sorrel, Ginger Beer, Ponche-De-Crème (virgin- of course) all have one thing in common...added sugars. So of course we need to tip toe lightly. If preparing your own, even better you have the control, so remember to reduce added sugar and for those that include dairy products switch to low fat ingredients such as low fat evaporated milk. Don't forget keep hydrated with water!

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Snacking is a definite must during the holidays. When making that shopping list, include assorted nuts, low fat yoghurt, popcorn, fruits, vegetable chips and multi-grain crackers. These will help to fill the gaps between meals and prevent over-eating at your next meal, so keep them handy.



Practice Portion Control...may sound complicated but it's really not and best of all it helps to avoid unwanted weight gain during the season. Start with a regular dinner plate (9-inch) and think quarters, so the first $\frac{1}{4}$ will be your carbohydrates, next $\frac{1}{4}$ your protein items and the next $\frac{1}{2}$ fill up with vegetables include both cooked and raw.

Cheers to ensuring healthy weight gain for you and good growth and development for your bundle of joy.

Article Author: Alecia Surujlal- Registered Dietitian RD, Registered Nutritionist (Public Health), Caribbean Certified Diabetes Educator (CCDE)

CHRISTMAS GREETINGS TO ALL MIDWIVES OF TRINIDAD AND TOBAGO!



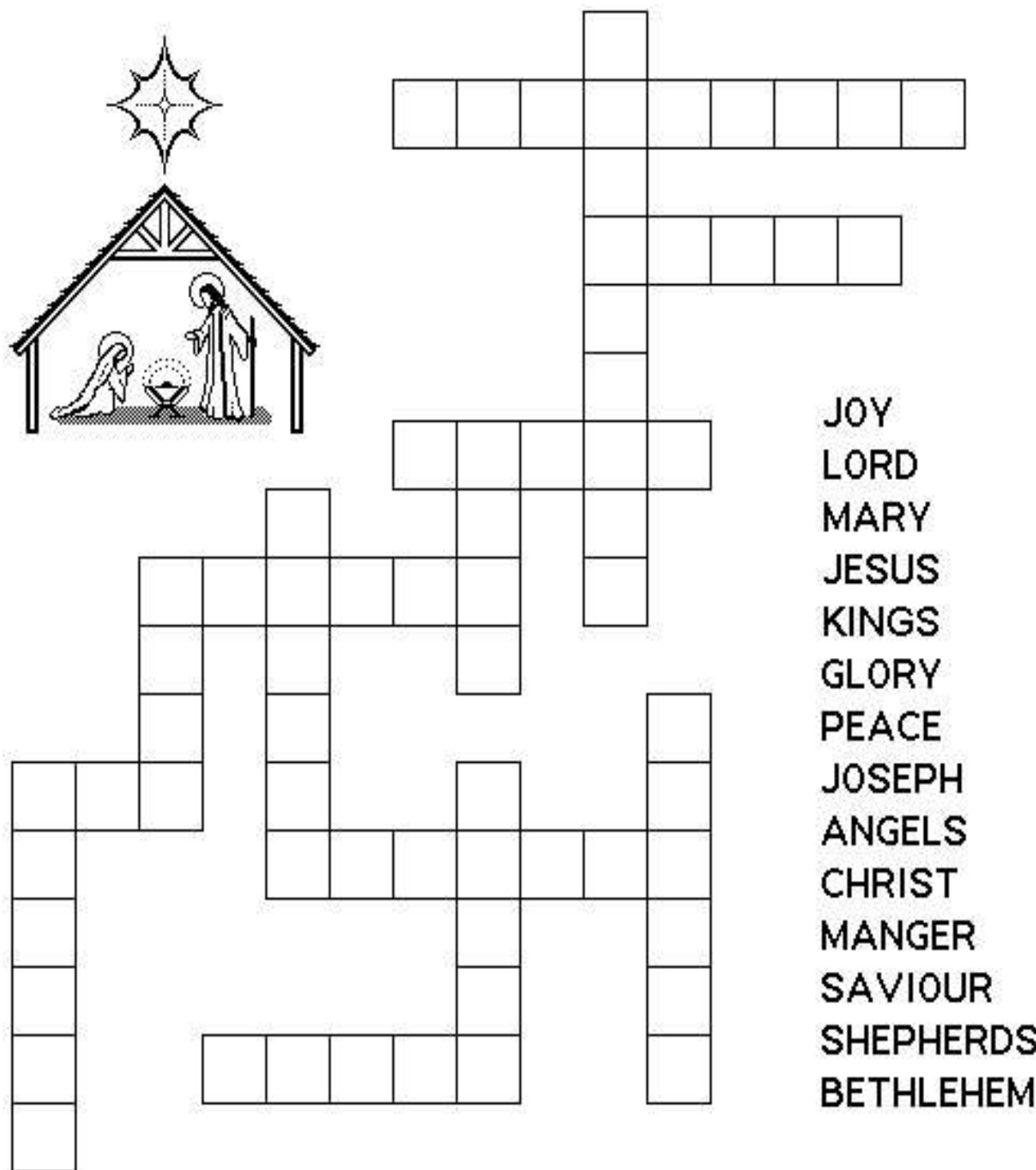
SINCEREST GREETINGS FOR THE HOLIDAYS AND ALL THE BEST FOR THE NEW YEAR 2023
FROM THE EXECUTIVE OF THE TRINIDAD AND TOBAGO ASSOCIATION OF MIDWIVES.



Christmas Crossword

Make all the words fit into this crossword.

Each word is only used once.



The Christmas Story

The Virgin Mary, Angel Gabriel came
And unto her, he did proclaim
You were chosen above all
To bring the Christ Child into this world.

In awe she stood and questioned now
I know no man, so tell me how?
He told her by God's Holy Spirit
She then said aloud; Lord you do it

And then to Joseph; God did speak
Take this your wife; humble and meek
Make glad her days in honor of
God's goodness, mercy and his love

The months rolled by; then came that time
When only a stable they could find
Where this baby would be born
This promised Child; God's only son

From far and wide; wise men they came
To see this Child; Jesus His name
Gifts a plenty they did bring
Then bowed their knees and worshipped Him

So herald now this awesome birth
For He shall rule over all the earth
And through him shall mankind be free
Oh Son of God; Our Victory

By Dionne Lewis



Recipe: Canadian Maple Roast Turkey & Gravy

<https://recipeland.com/recipe/v/canadian-maple-roast-turkey-gra-51025>



Ingredients

- 2 cups apple cider
- 1/3 cup 100% maple syrup
- 2 tablespoons freshly chopped thyme
- 2 teaspoons dried marjoram
- 2 ½ teaspoons grated lemon zest
- 3 ¼ cup butter
- 14 cups turkey
- 2 cups chopped onion
- 1 cup chopped celery
- 1 cup coarsely chopped carrots
- 2 cups chicken broth
- 3 tablespoons all-purpose flour
- 1 bay leaves each

Directions

1. In a saucepan over medium heat; boil the maple syrup and apple cider until reduced to about ½ of a cup about 15 to 25 minutes.
2. Remove from the heat and add the lemon zest, ½ of the marjoram and ½ of the thyme.
3. Add the butter and stir until melted, taste and add salt and pepper as desired.
4. Cover, cool and refrigerate. This can be made the day before.
5. In the morning, place the oven rack in the lowest third. Preheat the oven to 375°F (190°C).
6. Wash and thoroughly dry the turkey. Place the turkey in a large roasting pan. Stuff the bird as desired.
7. Using your fingers slide under the turkey skin to loosen the skin from the breast meat.
8. Rub ½ cup of the prepared apple and maple butter mix under the skin of the breast.
9. Rub all over the turkey skin with another ¼ cup of the maple butter mix.
10. Tie the turkey legs together with turkey ties or butcher twine.
11. Arrange the celery, carrot and onion in the roasting pan around the turkey.
12. Sprinkle the remaining spices, marjoram and thyme over the vegetables and add 2 cups of the chicken stock to the roasting pan.



13. Roast the turkey for 30 minutes uncovered. Reduce the temperature to 350°F (180°C) F and cover the turkey loosely with aluminum foil.
14. Continue to roast until tender, basting regularly with accumulated juices.
15. If using a thermometer (highly recommended) roast until the thickest part of the thigh, breast and wing reaches 165 degrees F.
16. This will take about 3 to 4 hours for an unstuffed bird or 4 to 5 hours for a stuffed bird. If stuffed check that the internal temperature in the center of the stuffing reaches 165 degrees F.
17. The juices should run clear. Transfer the turkey to a platter and cover with aluminum foil to rest
18. Keep the juice in the pan for making gravy.

Make the Gravy:

1. Pour the pan juices into a measuring cup, allow to settle then spoon and discard the fat that rises to the top.
2. Add enough chicken stock to equal 3 cups.
3. Transfer the liquid (or better use the roasting pan) to a saucepan and bring to a boil over high heat.
4. Reduce heat to medium and mix the remaining maple/apple butter mixture with 3 tablespoons of flour to make a paste in a small bowl.
5. Whisk this mixture into the broth mixture, add the remaining fresh thyme and a bay leaf.
6. Boil stirring constantly until thickened slightly and reduced.
7. Taste and adjust seasoning with salt and fresh ground black pepper.

Editorial Committee:

- Gail Honore [Chair]
- Kathyann Thomas- Elbourne
- Franka Olliviere- Andrews
- Marcia Rollock
- Norma Alexander- Mason
- Curlan Smith



The Editorial committee would like to express a heartfelt thank you to:- all the persons who have provided articles, the executive and membership body for their support, the secretary Krystal for her hard work and all who contributed to the success of the newsletter over the past 2 years.

May the peace of Christ be with you and your families and may your New Year be bright.





Let's Laugh



Baboolal from Penal woke up this morning deeply repentant after a bitter fight with his wife last night.

He noticed the crate of Fernandez Rum bottles that had caused the fight.

He took the crate outside and started smashing the empty Bottles one by one against the wall.

He smashed the first bottle swearing, "You is the reason I fight with meh wife".

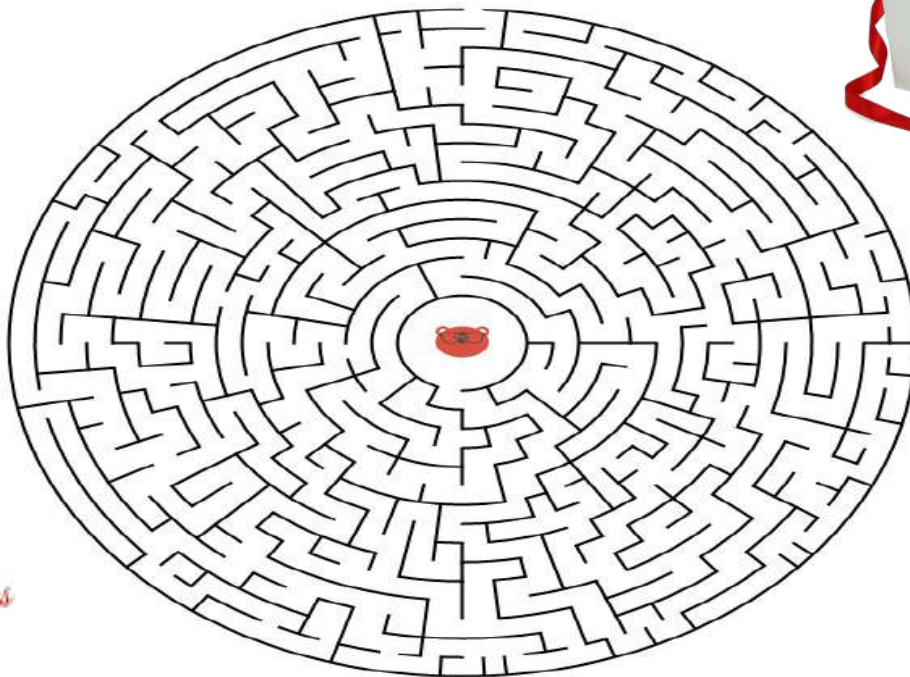
He smashed the second bottle, "Is you why Ah doh love meh children."

He smashed the third bottle, " You is why ah doh have a decent job."

When he took the fourth bottle, he realized that the bottle was still **Sealed and Full**

He hesitated for a moment and said "**You stand aside, Ah know You is not involved.**"

Can you rescue Nerd Bear at the center of the maze?



Merry Christmas

Our Motto: A Vital Link: Educating the Family –Delivering the Future



The 2022 Annual General Meeting of The Trinidad And Tobago Association of Midwives

The Trinidad and Tobago Association of Midwives held its Annual General Meeting (AGM) and Election of Executive members on Saturday 26th November 2022, at the Mamatoto Resource and Birth Centre. The AGM was called to order at 4:25pm and dealt with the Association's business of Amendments to the Constitution, President's Address, Secretary's Report (Annual Report 2022), Trustees Report and TTAMs Strategic Plan 2022 – 2025. The Treasurer's and Auditor's Report are to be presented at the First Quarterly meeting of 2023.

The Election Committee of Ms. Debrah Lewis, Ms. Maureen Giddings-Estwick and Ms. Veronica Jobity were responsible for overseeing and administering the election process in keeping with the **TTAMs Constitution and By laws**, to ensure transparency and maintain good governance.

The Elections were successfully held and the results are as follows:

President: Nicole Reece-James

Vice President: Debra Cook-Warner

Secretary: Linda Hunte-Rampersad

Asst. Secretary: Jennifer Ross-John

Treasurer: April-Ann Wilson

Asst. Treasurer: Chennel Davis-Gentle

P.R.O: Kathy Ann Thomas-Elbourne

Trustees:

* Norma Alexander-Mason

* Arlene James-Euin

Committee Members:

* Annette Bristol- Martin

* Marcia Rollock

* Roslind Haynes-Stewart

* Franka Olliviere-Andrews

* Rachel Burkett

* Gail Honore

Tobago Rep: Euphemia Hinds-Kerr

Student Rep: April Walcott

Other Business by attendees were discussed and the meeting was adjourned at 7: 10 pm, with light refreshments being served.



A cross –section of some of the elected Executive for 2023-2024.



Outgoing and incoming Presidents share a moment.

L: Marcia Rollock, R: Nicole Reece-James



Attendees got the opportunity to Network.



VIRTUAL

CHILDBIRTH CLASSES

[Via Zoom]

Come and be enlightened, have your questions and concerns about you and your baby's needs answered by qualified Midwives.

Bring a partner, parent or friend

Saturdays 10:00am – 12:00pm

Cost- \$50:00 per session [sessions]

Registration fee- \$100:00

STAY SAFE!

For more details, feel free to contact us:

Trinidad and Tobago Association of Midwives [TTAM]
Cor, De Gannes and La Croix Streets
Couva
Tel: 679-8008
Office Hours: Mon., Wed., Friday: 9am to 2pm

TOPICS INCLUDE:

WEEK 1-

Maintaining good health during pregnancy

WEEK 2- Baby Layette

WEEK 3- Pre & Post Natal Exercises

WEEK 4- Labour & Delivery

WEEK 5- Role of Support Person

WEEK 6- Breastfeeding

WEEK 7- Post Natal Period

WEEK 8- The Art of Baby Massage

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HAPPY NEW YEAR 2023!

TTAM's 2023 Calendar of Events

December 2022

- 16th – Office Closing

January 2023

- 3rd - Office opening
- 14th – Childbirth Classes resume
- 21st – Executive Meeting

February 2023

- 17th – Corn Soup Sale
- 25th – Executive Meeting
- Educational Update TBA

March 2023

- 4th – First Quarterly San Fernando
- 8th – International Women's Day Celebrations
- 18th – Executive Meeting

April 2023

- 14th – Lids Easter Bonnet Parade
- 15th – Executive Meeting
- Educational Update TBA

May 2023

- 6th – International Day of the Midwife Walkathon
- 20th – Executive Meeting

June 2023

- 2nd – Quarterly Tobago
- 33rd ICM Triennial Congress, 11 - 14 June , Bali

July 2023

- 15th – Executive Meeting
- CRMA – AGM in Guyana

August 2023

- 1st - 7th World Breastfeeding Week
- 19th – Executive and Planning meeting

September 2023

- 2nd – Quarterly North
- 16th – Executive Meeting
- 29th - TTAM Biennial Conference

October 2023

- 21st – Executive Meeting

November 2023

- 18th – Executive Meeting
- 25th – AGM

December 2023

- 9th – Christmas Activity
- 15th – Office Closing

