

government made a commitment to reduce the infant mortality rate to 15 out of every 1,000 live births, which would be a drastic reduction from its 2009 rate of nearly 27 deaths per 1,000 live births. Comparatively, the infant mortality rate in New Zealand that same year was just five deaths per 1,000 live births.

Causes of death frequently involved asphyxia, respiratory distress, and congenital defects, but Dockrill says the problem really came from poor prenatal care.

“Before the childbirth education course was embedded, there were only standard visits to hospitals and clinics for pregnant women,” Dockrill says. “The care was just focused on the physical well-being of the mother. The information mothers were given was very basic.”

Dockrill focused on topics that weren’t being discussed with expectant mothers, such as smoking, domestic violence, nutrition, exercise, breastfeeding, and contraception — all important to keeping mothers healthy. And when mothers are healthy, their children are more likely to be healthy. According to Dockrill, the health and survival of a mother directly affects the likelihood that her child will live to age two.

So Dockrill and her team were hoping to help health professionals take “a holistic approach — not just a physical approach” and see people come forward earlier with health problems. She adds, “If one child or mother was saved by what we shared, I considered that a success.”

Participants, who arrived with notepads and pens expecting a standard lecture course, received copies of Dockrill’s training manual translated into Mongolian and took part in interactive activities with plastic baby dolls and proper anatomical models.

One exercise, in which Dockrill discussed a technique that slows the labor process, drew lots of questions. The translator explained that general practice in Mongolia calls for labor to be as quick as possible — which can mean dangerous methods of hastening the baby’s arrival. “Explaining that it’s fine if the mother takes a rest, and that patience in childbirth is OK and healthy, that was new,” Dockrill says. Students were open to new ideas and enthusiastic, she says. “We had an incredible experience. We had fun, we laughed, we bonded.”

The course culminated in an evaluation of participants’ knowledge and a ceremony awarding them certificates endorsed by the local ministry of health. “This was an empowering moment for many of the participants,” Dockrill says.

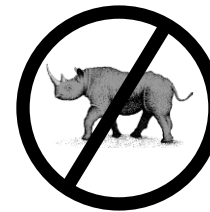
Inspired by the project’s impact and the breadth of Rotary’s work in maternal and child health, Dockrill joined her local Rotary club shortly after returning home.

# THE EARLY RISER

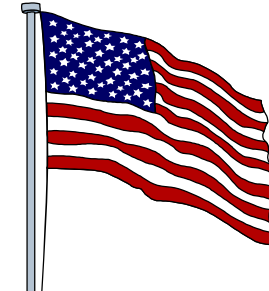
EVERY ROTARIAN  
US \$100  
EVERY YEAR



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Volume 38, Number 40



DON'T BE A R.I.N.O.  
(Rotarian In Name Only!)



## ROTARY PRAYER

Oh Lord, and giver of all good, we  
thank Thee for our daily food.

May Rotary friends and Rotary  
ways, help to serve Thee all of our  
days.

## THE ROTARY CLUB OF WICHITA FALLS NORTH



2020-21 R.I. Officers - D5790

President of Rotary International: Holger Knaack

District Governor: Roger Paschal

OFFICERS AND BOARD OF DIRECTORS – 2020-21

President: Clint Wood ~ President Elect:

Secretary: Tom Sheriff ~ Treasurer: Ann Lucas

Executive Secretary: Jeani Secord ~ Sgt. at Arms: Larry Gunnell

Directors: Clint Wood – Phil Waggoner ~ Gary Southard ~ Mike Crocker

Tom Cale ~ Tom Sheriff & Troy Secord (PDG Ex-Officios)

Website: [www.wichitafallsnorthrotaryclub.org](http://www.wichitafallsnorthrotaryclub.org)

## ***FUTURE PROGRAM ASSIGNMENTS***

June 4 -----	Rob Noble
June 11-----	Backdoor Theater ~ Tom Ostovich
June 18-----	Jeani Secord
June 19 ( Tentatively)-----	Installation banquet / Social
June 25-----	Troy Secord
July 2-----	Tom Sheriff
July 9-----	Gary Southard
July 16 -----	Phil Waggoner
July 23 -----	Tom Cale
July 30 -----	David Collins
August 6 -----	Mike Crocker
August 13 -----	Larry Gunnell
August 20 -----	Ajay Kumar
August 27 -----	Ann Lucas
September 3-----	Bill Neale
September 10 -----	Tom Ostovich
September 17 -----	Rob Noble
September 24 -----	Jeani Secord

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### ***NEWS FROM OUR LAST LIVE & “VIRTUAL” MEETING:***

Clint presented the Rotary Prayer and Jeani presented the Pledges.

Brag Bucket fed by Troy and Gary.

Gary was nice enough to stop and get breakfast burritos for everybody in the club. ***THANK YOU VERY MUCH!***

Mike is having a birthday next week and Clint is having a club anniversary. Congratulations to each!

The club is tentatively scheduling our installation banquet for June 19<sup>th</sup> ( Father’s Day weekend and Juneteenth). It will be a combination social and installation banquet. It will be very informal with no speeches!

Bill presented the program. He talked to us about “How to live longer and feel better”. The key is diet and eating fiber.

There were two raffles. The first was for a bottle of psyllium powder. Jeani was the proud winner. The “money” raffle raised \$18.00 and Gary was the winner. He drew the queen of hearts for a \$10.00 prize. If today's winner draws the ace of spades they will win \$169.00 + ½ of what is raised today. ***GOOD LUCK!***

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### ***NEWS FROM ROTARY INTERNATIONAL:***

ROTARY MEMBERS LEAD EFFORT TO TRANSFORM CHILDBIRTH CARE IN MONGOLIA

When Julie Dockrill was approached by the Rotary Club of Waimate, New Zealand, to train medical workers in Mongolia in safer childbirth practices, she wasn’t sure how much of a difference she could make — despite her 20 years of experience as a midwife and childbirth educator.

At the time, Dockrill wasn’t very familiar with Rotary’s work, nor was she aware of the high infant mortality rate in Mongolia, an Asian country located between Russia and China. But she agreed to participate if it meant saving the life of even one child.

Eight years later, the project’s success has exceeded her expectations. Dockrill, now a member of the Rotary Club of Timaru, says she never imagined that the work she began in 2013 would lead to the adoption of a nationwide health care framework that has contributed to the steady drop in Mongolia’s maternal and infant mortality rates.

The project, facilitated by Waimate club member Gary Dennison, was originally conceived as an initiative to supply clean water to a remote area in Mongolia. Plans shifted when a community assessment determined that the terrain meant a water well wasn’t feasible.

Dennison explored alternatives. He learned through Rotary connections in Mongolia that maternal and child health services and updated and safer childbirth practices were needed. So his club and the Rotary Club of Ulaanbaatar, Mongolia, devised a new plan: a four-phase project in which a vocational training team would offer childbirth education to health care workers.

Dockrill, who came recommended through a colleague, was tasked with leading a five-person team of midwives from Australia, Mongolia, and New Zealand, and developing training materials for more than 100 university students and midwives, nurses, and other health care professionals in Mongolia.

The maternal and infant mortality rates in Mongolia were falling, but mothers and infants were still dying at alarming rates. In 2011, the