

Rotary Club of Freetown, Sierra Leone. Sybil Bailor, the club's 2023-24 president, was committed to the program in part because of her own experience. She once had a difficult delivery, during which her baby struggled to get oxygen.

"When my second child was being born, it was quite a long process, and she got distressed in my birth canal," Bailor says. "Her oxygen level was below 90%, so they gave me [a medication] to make the contractions come quicker. This is one of the reasons why this particular project is very special to me."

Bailor collaborated on the grant application with Charlotte Israel, 2023-24 president of the Rotary Club of Palm Harbor, Florida, USA. Israel was drawn to the training project partly because of a personal tragedy.

"In 2020, my daughter passed away," she says. "I went in to wake her up to go to work, and she was lying on her bed. I called [emergency services] and they told me to try giving her CPR. But I had never done CPR. That has always been on my mind: Maybe, if I had the training, I could have helped my daughter."

Like CPR programs, Helping Babies Breathe teaches non-doctors how to provide lifesaving care. Rotary's association with the program goes back several years. The American Academy of Pediatrics relied on help from Rotary members when it created training materials for the program in 2010.

"Rotarians have been champions of the program from the very start, [including] serving as editors on the various curricula," says Beena Kamath-Rayne, a neonatologist and the vice president of global newborn and child health for the American Academy of Pediatrics. "We have a very much valued partnership with them as we continue to spread Helping Babies Breathe around the world."

One of the great things about Helping Babies Breathe, Israel notes, is that its training materials can be downloaded for free.

"We provided wall charts. We provided brochures. And if I gave you a brochure, you could actually learn that entire course yourself to be able to do that technique," she says.

But Israel wanted the trainees in Sierra Leone to be able to practice on dolls that are specially designed for the program. The NeoNatalie newborn simulator's chest rises only when the trainee uses the correct resuscitation technique. The trainee can also check for a pulse in the doll's attached umbilical cord, and a trainer can use squeeze bulbs to make the doll breathe spontaneously or cry.

Israel and Bailor's clubs used The Rotary Foundation grant to purchase 160 NeoNatalies and other supplies. The trainees practiced with self-inflating resuscitation devices and used plastic bottles (known as "penguins" because of their shape) to learn to suction fluid from infants' noses and mouths.

The project's sponsors overcame some unexpected costs, including higher shipping fees and the need to provide transportation and lodging for nurses and midwives from rural areas. The organizers were able to raise a bit more money from clubs to meet some of these needs and received a donation of free lodging.

Because of this, the clubs were able to make another significant investment in the health of babies in Sierra Leone. The grant also provided five oxygen concentrators and a solar power system to the King Harman Maternity and Child Hospital in Freetown. In addition, the Rotary members distributed baby hats, blankets, and clothing at the hospitals where the training was conducted.

To ensure sustainability, the project trained people who could then teach other health workers and lead courses for them to refresh their skills. The clubs partnered with Sierra Leone's health ministry and the nongovernmental organization Health Care Sierra Leone USA to make sure training would continue. Members of Health Care Sierra Leone USA had been providing training before the Rotary grant-funded project, and they continue to monitor the program.

"We train the participants with the goal that when they go back to their various localities, they will be able to train others," says Sulaiman Sannoh, a neonatologist and member of Health Care Sierra Leone USA. "Over the years, people who've attended our training sessions have sent us pictures of themselves training their colleagues."

THE EARLY RISER

EVERY ROTARIAN
US \$100
EVERY YEAR



9 August, 2024
Volume 42, Number 4

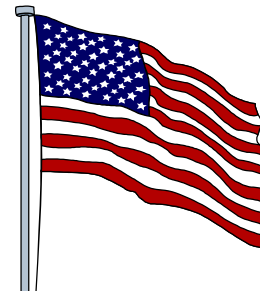
THE ROTARY 4 WAY TEST

First: Is it the TRUTH?

Second: Is it FAIR to all concerned?

Third: Will it build GOODWILL and BETTER FRIENDSHIPS?

Fourth: Will it be BENEFICIAL to all concerned?



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



2024-25 R.I. President and D5790 Governor:

President of Rotary International: Stephanie Urchick
5790 District Governor: Andy Eads

OFFICERS AND BOARD OF DIRECTORS – 2024-25

President: Matt Milhollon ~ President Elect: Brandy Fields

Immediate Past President: Ajay Kumar ~ Treasurer: Ann Lucas

Executive Secretary: Jeani Secord ~ Secretary: Tom Sheriff

Sgt at Arms: Joe Clement | Directors: Clint Wood, Phil Waggoner, Gary Southard

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

Website: www.wichitafallsnorthrotaryclub.org

FUTURE PROGRAM ASSIGNMENTS

August 9	-----	A.G. Clint Wood
August 16	-----	Board Meeting
August 23	-----	Install Dictionary Labels ~ Joe Clement
August 30	-----	Jim Johnson, Wichita County Judge ~ Mike Crocker
September 6	-----	Larry Gunnell
September 13	---	Wichita County District Attorney, John Gillespie ~ Brandy Fields
September 20	-----	Board Meeting
September 27	-----	Ajay Kumar
October 4	-----	Ann Lucas
October 11	-----	Mrunalini Radker
October 18	-----	Board Meeting
October 25	-----	Bill Neale
November 4	-----	Rob Noble

NEWS FROM OUR LAST CLUB MEETING HELD AT THE HAMPTON INN

Matt lead the club in the pledges and the Rotary Prayer.

Joe presented the brag bucket. It was fed by Linda, Troy, Clint and Matt (3).

As shown above, labels will be placed inside the dictionaries on August 23rd. Jeani, Troy, Linda and Tom will be out of town!

It was decided to bring up the club's participation in the ARC "Buddy Walk" at the next board meeting.

Phil announced Kristine Theuson, Programming Director for the Arts Council of Wichita Falls, as our weekly program. Kristine informed us about the workings of the local Arts Council.

The raffle raised \$27.00 and the 9 of diamonds was drawn for a \$5.00 prize. If this week's lucky raffle winner draws the ace of spades they will win \$79.00 + ½ of what is raised today. GOOD LUCK!



Kristien Thueson from the Arts Council of Wichita Falls

NEWS FROM ROTARY INTERNATIONAL:

HEALTH WORKERS TRAINED THROUGH A ROTARY PROJECT RESUSCITATE INFANTS STRUGGLING FOR AIR:

As a midwife who works at health facilities all over the Western Rural District of Sierra Leone, Banneh Daramy sometimes has to assert herself. Her confidence and skill can make the difference between life and death.

"I went to one facility and the people on duty did not even recognize that I was a midwife," she recalls. "They'd just done a delivery, and the baby was not crying. So they concentrated on the mom, and the baby was left alone. Immediately, I entered. I knew how to resuscitate the baby."

As the mother screamed in panic, Daramy grabbed a self-inflating resuscitator and fitted it over the baby's face.

"I used it to ventilate the baby. And within one minute, the baby started crying," she says. "The mom had been crying and shouting, 'Oh God, please save my baby! Please save my baby!' And then she was so happy. That's why, whenever I see a delivery, I stay until the end to see that the baby is safe."

It didn't take expensive equipment to save that baby's life. A self-inflating resuscitator sells for about US\$11. Daramy's knowledge of neonatal resuscitation — and her quick thinking — made all the difference. She learned many of her skills through Helping Babies Breathe, a training program created by the American Academy of Pediatrics that she took part in through a Rotary global grant project.

Birth asphyxia, or the failure to breathe at birth, kills an estimated 900,000 infants globally each year. Although it accounts for less than 0.1% of newborn deaths in industrialized countries, it's the leading cause of neonatal mortality in low- and middle-income countries, like Sierra Leone. Many newborns who aren't breathing can be saved if health care workers begin resuscitation immediately, so it's crucial for providers to learn how to respond as quickly as Daramy did.

Since 2022, Rotary members in Sierra Leone and North America have collaborated to offer the Helping Babies Breathe protocol to more than 650 nurses, midwives, and other health workers from all over Sierra Leone. The program was funded through a global grant co-sponsored by the