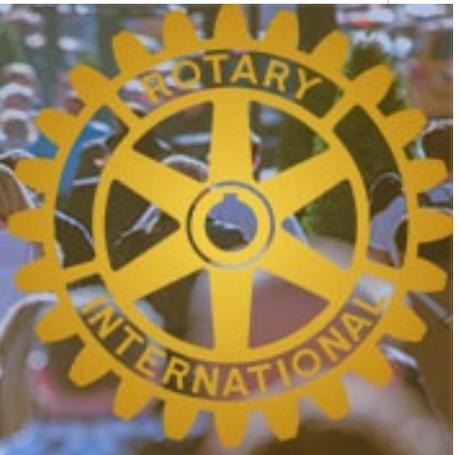


# Rotary District 7600

## Spirit of 7600



April 2024

### In This Issue

[District News](#)

[Club News](#)

[Foundation News](#)

### District Leaders

Rudy L. Garcia  
District Governor  
Joy L. Kline  
District Governor Elect  
Patricia A. Edwards  
District Governor Nominee  
Kenneth Wayne Janes  
iPDG  
John David Padgett  
District Rotary Foundation  
Chair  
W. Hamilton Holloway II  
District Public Image Chair  
Tracy Donovan Lego  
District Membership Chair

Lieutenant Governors  
Sarah Saville  
Stan Wall

Area Governors  
1. Steve Dunham  
2. Jay Shively  
3. Al Dorin  
4. Mike Little  
5. Bill Mulvihill  
6. Jan Rowley  
7. Bev Coleman  
8. Doug Stanley  
9. Thelma Atkins-Riley  
10. Susan Blair  
11. Bob Tassone  
12. Bill Ziglar  
13. Janet McCaskey  
14. Paul Peter  
15. David Oakley  
16. Andre Elliott  
17. Davetta Rinehart  
18. Rich Salon

### District News



#### Rudy's Rotary Ramblings April 1<sup>st</sup>

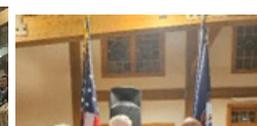
March's Ramblings actually start in February! On the 28<sup>th</sup>, I had the HIGH Honor of being asked to say a few words at the 40<sup>th</sup> Anniversary Celebration of the Rotary Club Of Western Henrico. My, oh my, what a treat! We had a 5-course meal paired with different wines. White tablecloths, and more forks than we knew what to do with! It was great fun! Thanks to President Mark and his team for going all out and even letting me present a Major Donor Recognition Pin!



Next up was another lovely WEEKEND at Chesapeake Presidents Elect Training. This was my 13<sup>th</sup> or 14<sup>th</sup> CPETS in a ROW! Three as President-Elect (yes I did two and a half terms consecutively!), several on District Foundation Staff, a few as a Small Group Facilitator and then two years as the Multi-District Breakout Coordinator. Finally, the last four as part of the Governor Chain. I LOVE CPETS! I really loved it this year, because I was able to be the Aides-de-Camp to Rotary International Director Elect Patrick Eakes! What an EASY-PEASEY JOB!



Next up was a PHENOMENAL opportunity to speak at the INAUGURAL Goochland Rotary Club Community Service Awards Dinner. I got to hang out with my fellow Retail Merchants Board Member Bobby Ukrop, who was the keynote speaker and then got to see Past President Tom Winfree get recognized as the Goochland Rotarian of the year! District Governor-Elect Joy was there as well!





In between Club visits in March, Catherine and I actually had time to work on two of our own club's projects, The Food Pantry Renovation and DISC Golf Cleanup. It was great being able to get out and work again.



Finally, it was on to the 100<sup>th</sup> ANNIVERSARY CELEBRATION of the ROTARY CLUB OF HOPEWELL VIRGINIA! 100 YEARS of Community Service! What a Big Deal. This was a dress-up affair and I must say we dressed up nicely. President-Elect Tavorise Marks crushed the PROGRAM! He scored the Attorney General of the Commonwealth Jason Miyares, Congresswoman Jennifer McClellan, my good friend Bobby Ukrop, D7620 Rotarian and International Convention Speaker Pallavi Gowda and the STAR of the Program, Hopewell Interactor Bethlehem Agege whose incredible story had us all mesmerized!



Other BIG News is that District Governor Elect Joy asked if I would replace District Governor Nominee Designate SuAnne as the District Rotary Leadership



the District Rotary Leadership Institute Committee Chair. What an HONOR! As many of you know, I have been an RLI Facilitator since 2015 or 2016. If it were not for RLI, I might not be in Rotary and I doubt I would have had the HONOR of serving you as District governor this

year. I am really excited. We are working right now on having another in-person three-part RLI at the Summer Meeting of the Institute in July at the Crossings in Henrico County! If you are a graduate of RLI, I'd like to invite you to come to the Summer Institute meeting and consider getting certified as a Facilitator. It is one of the best ways to get to meet more ROTARIANS!

Coming up in April are three huge events: on April 6<sup>th</sup> the 21<sup>st</sup> Annual Peace Center Graduation at the DULE-UNC Peace Center is happening; April 12<sup>th</sup> and 13<sup>th</sup>, the ZONE Leadership Conference is once again in our backyard at the Crossings in Henrico. If you are interested in serving at the District Committee Level, you do not want to miss this! Then, on April 16<sup>th</sup>, Franklin Rotary Club will be celebrating their 100<sup>th</sup> Anniversary.

Go forth and enjoy and CREATE SOME MORE HOPE IN THE WORLD!  
*Kind Regards, Rudy*

**Thank you for your support for the RCF Armenian Cultural Ambassadors in Williamsburg.**



**RCF**  
CONNECTING  
THE  
WORLD

Please consider joining the RCF team for Rotarians, family and friends to travel to Armenia. We will have the most wonderful experience of culture, history, friendship and hospitality from Armenian Rotarians, friends and fans of RCF International Cultural Exchange. If interested, reply INTERESTED. We will keep you posted.

Reunite Cultures Fund, formerly known as Rotary Childrens Fund, does business as RCF. RCF is a stand-alone 501(c)3 nonprofit and is not affiliated with Rotary International. Funded by Lakewood/Rocky River Rotary Club in 2003, is managed by Rotarians and follows Rotary principles.  
<https://www.youtube.com/watch?v=FGKi7FN02YY>

Vitaliy V. Bezrodnov, Founder Coordinator, RCF  
[RCFGoldenGates@gmail.com](mailto:RCFGoldenGates@gmail.com)  
216.214.0828

**Mental Health Minute**  
*By Susanna Calvert*

The District 7600 Mental Health Task Force encourages you to spend time each month reflecting on mental health and resilience to build your skillset and awareness about mental and emotional health and well-being. Explore some of the resources available on the District's [suggested activities](#) including developing your resilience skill set with your loved ones or in your workplace.



April's theme is post-traumatic growth.

You may think that you avoided trauma in your life, but did you know that trauma is cumulative in our formative years? The Adverse Childhood Experiences (ACE) score provides a cumulative assessment of the degree of adversity you've experienced, including food insecurity, or witnessed or experienced violence or abuse. Those who score at least 4 out of 10 are more likely to suffer from chronic illness; the average adult has an ACE score of 5.8! Take your ACES quiz [HERE](#) to see how this might be affecting you.

The good news is that trauma doesn't have to be the downward spiral that we tend to associate with it. Have you witnessed or experienced a surge of growth or well being after trauma? Making meaning and a sense of purpose from trauma is an important tool/opportunity in our ability to bounce back.

The MHTF is also available to come to your Club to talk about our initiative! Contact [Susanna@HealingEdu.org](mailto:Susanna@HealingEdu.org) to set up a date!

**Empowering Girls:**  
*by Tracy Keller*

Thank you so much for the support and participation in honoring Expanding Girls' Horizons in Science and Engineering Month. We hope you enjoyed learning through our incredible panelists: Holly Kidd, Camile Peter, Donna Lewis, Melissa Aubain, and Dr. Suzanna Wo-Pong Calvert. Influential women, making a difference for the next generation! If you missed us live, the recording is available on the district webpage.

We are excited to share our next community service project in support of another Rotary Focus area - encouraging Rotarians to develop projects that improve water, sanitation, and hygiene services at schools so that girls can safely manage their menstrual hygiene without sacrificing their education.

We invite clubs to become educated on the facts about Period Poverty and to consider joining us in a District 7600 service project by collecting and donating feminine hygiene supplies during Period Poverty Awareness Week, May 22<sup>nd</sup> through 28<sup>th</sup>. To learn more about the facts and how to lead a club drive go [HERE](#). Go [HERE](#) and [HERE](#) for fillable posters.

If your club is interested in having one of our committee members speak at your club and lead you through an engaging activity, please reach out to Tracy Keller at 757-818-5663 or [tracyk@gsccc.org](mailto:tracyk@gsccc.org).

Thank you for supporting girls in your service area,  
*Empowering Girls Committee*

## Club News

### West Richmond Club:

By Brian McCullough



The West Richmond Rotary Club had over 40 Rotarians serve during the annual Charles Johnson Elementary School Book Fair.

This was a multi-day event from March 1<sup>st</sup>-8th where the school received money from every book sold during the event.

The school uses this as one of their annual fundraisers to buy additional books for the library.

Thank you, West Richmond Rotarians for your service to our community!

### James City County Club:

By Paul Miyamasu



On 6 March, James City County Rotary Club heard Ray Morgan give an interesting historical perspective on the Israeli and Palestine issues from World War I through October 7th, 2023. He has had previous experience in the United Nations and has spoken in classes with the Osher Lifelong Learning Institute at William & Mary. *Shown left are Rotarian Ron Lynde, Ray Morgan and Rotarian Paul Miyamasu.*

On 20 March, James City County Rotary Club members were given an annual update on the state of the local Williamsburg real estate picture by Bob Singley, Broker, RJS & Associates.

He is a local commercial real estate agent, but covered all aspects of what is going on locally. It was a good presentation for the breakfast club members. *Shown right are club president-elect Travis Rabb, Bob Singley, and Rotarian Mike Williams.*



### Newport News Club:

From Facebook



Four recipients of the RCNN William W. Royall Jr. Endowed Scholarship were recognized at the 32nd Annual Scholarship Luncheon on March 21st. The scholarship was established in January 1983. Photo includes Deloris Thomas, students (L-R) Paiton Jones, Ruger Jennings, Jade Inman, Briana Terry, and Alicia Spencer.

**Warwick at City Center Newport News:**

The club will be holding their 10th Annual Bacon, Beer and Bourbon Affair on May 23 from 6:30 - 8:30 at Virginia Living Museum in Newport News. For more information, go [HERE](#)

**Hopewell Club:**

From Facebook



Celebrating 100 years of dedicated service to our beloved City of Hopewell, the Hopewell Rotary Club's Centennial Grand Gala was indeed a grand success. We were honored to have over 135 distinguished guests in attendance, comprising both familiar faces from within the club and outside visitors who share an interest in advancing humanitarian causes worldwide through community involvement like that exemplified by this esteemed organization since its founding members first gathered together all those

many moons ago (and cheers again now looking forward towards continuing growth throughout next century to boot!). Hereâ€™s to the next 100 years!

**Lawrenceville Club:**

From Facebook

Chili-Baked Potato Fundraiser Dinners Great Success for Rotary Club of Lawrenceville, VA. Mike Dotti cooked up a huge pot of chili and 150 baked potatoes, then Susan ZW and Zach brought it to Elm Acres. Boxing meals were... Susan ZW & Zach (big dipper), Ray T, Chris S, Camilla B, Della W, Nancy E, Jessica A, Nichole Y, Jackie M, Sylvia A, Robbie P with David H playing rolling photographer. BIG THANKS to all who bought dinners. Great job Rotarians.



it takes a kitchen full of Rotarians

**Powhatan Club:**

From Facebook



The Rotary Club of Powhatan presented Spring Fling 2024 a \$3000.donation to benefit Habitat for Humanity - Powhatan and the Free Clinic of Powhatan. We love to support our community!

**Goochland Club:**

From Facebook

Rolling up our sleeves for a cleaner community! These hard-working Rotarians helped clean up Goochland this past weekend with a roadside cleanup. Goochland is like 15 bags and 2 tires cleaner!





**Hanover Club:**  
*From Facebook*

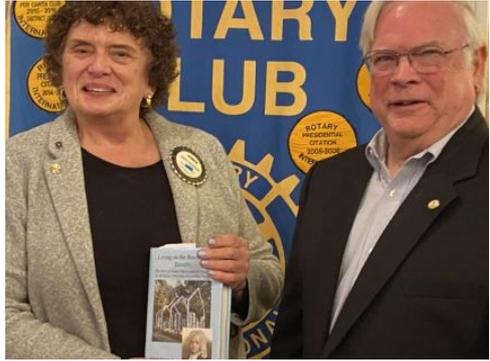
The Club was educated and entertained by Dave Fuller of the Mechanicsville Rotary and President of the Polegreen Foundation. He shared the history of the Polegreen Church and other interesting anecdotes.

The Club gave the book *Living on the Borders of Eternity* by Robert Blueford, Jr (which features the Polegreen Church on the cover) to the Mechanicsville Library in Mr. Fuller's honor.

**Upcoming in May:**



The Club's Shrimp & Suds upcoming event is being advertised with roadside signs. This annual event takes place at Kings Dominion Pavilion and features spiced shrimp, beer and soft drinks and a live band. For details go to [www.hanoverrotary.org](http://www.hanoverrotary.org).



**Farmville Club upcoming:**



**Farmville Club:**

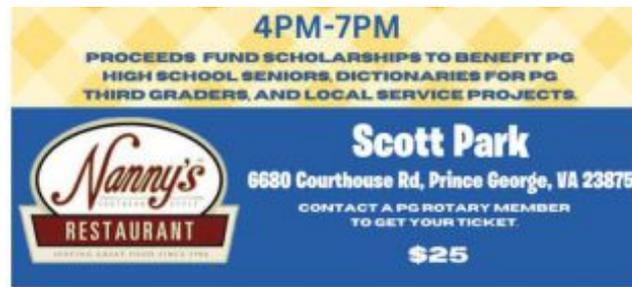
The club provided the 23rd children's bed THIS month - providing safe, warm beds to children across

Southside Virginia because of love we get from our neighbors!

Thank you to everyone who volunteers, donates, and contributes to *Better Days Farmville*. And a huge THANK YOU to Rotary Club of Farmville for being our pillow partner and Virginia Children's Book Festival for curating children's book collections for each family we serve. We truly live in the most generous community!

**Prince George County Club: Upcoming Fundraiser**





## Foundation News

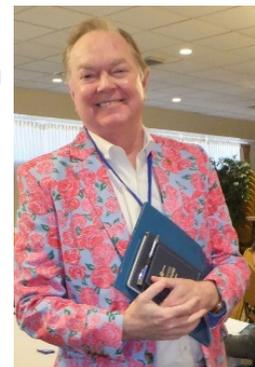
# The Rotary Foundation



### Sharpening the Axe: Preparing for a Year of Impact with the Rotary Foundation

*John Padgett, District Rotary Foundation Chair*

In the world of service and philanthropy, I often remember my grandfather. He would spend hours chopping wood in the fall. He never seemed to tire. I can still close my eyes and see his gnarled hands tightly gripping the axe. As a five-year-old, I asked him how he could work so hard and if he had any advice for me. He wiped his brow and sat on a stump and simply said "To chop firewood, your first job is to sharpen the axe." I try to remember that advice every time I accept a new challenge. The Rotary Foundation is no exception. As we stand on the threshold of another year of impactful service, the need for comprehensive training and preparation for our Rotary Foundation leaders cannot be overstated. This preparation is our way of sharpening the axe, ensuring that we are not only ready to face the challenges ahead but are also equipped to maximize our impact across the globe.



The journey of a Rotary Foundation leader is twofold: developing resources and overseeing the stewardship of grants. Each role is critical and comes with its own set of expectations. "As leaders tasked with the vital role of fundraising, understanding the magnitude of our responsibility is the first step toward achieving our goals," advised one of my mentors. This understanding is not just about the numbers but the stories behind them, the lives we touch and the communities we transform.

Similarly, those tasked with overseeing grants are stewards of trust and Rotary's critical resources. It's about ensuring that every dollar donated is a seed that grows into a tree of hope, education, and well-being for communities around the world. It is the reason that Charity Navigator has awarded the Rotary Foundation a four-star rating for 16 years and is able to deploy 88% of every dollar to its primary mission of doing good in the world. The trust and credibility of the leadership is critical for successful projects and for the transparent, effective use of funds.

Winston Churchill once said, "We make a living by what we get, but we make a life by what we give." In the heart of every Rotary Foundation project is the spirit of gratitude – gratitude for the opportunity to serve and for the impact of each contribution. This gratitude is what motivates us to give generously and to steward our resources wisely. Gratitude is also a powerful tool in our arsenal as leaders. Recognizing and appreciating the efforts of every member and donor fosters a culture of generosity and commitment. "Expressing gratitude is more than a courtesy; it's a catalyst for continued generosity and engagement," remarks a seasoned Rotary Foundation leader.

The importance of training cannot be overstated. Through training, Rotary Foundation leaders gain a deep understanding of the expectations and responsibilities of their roles. More importantly, training provides the knowledge and skills necessary to navigate the complexities of fundraising and grant management. So when you get the opportunity to attend a District Training Assembly or a Grants Management Seminar, remember the *Why*. It is a method of sharpening the axe.

As we embark on the upcoming year of service, I encourage you to embrace the wisdom of sharpening our axe through comprehensive training and preparation. By understanding the expectations of our roles, harnessing the power of gratitude, and committing to ongoing learning, we are not just preparing for success; we are setting the stage for a year of unparalleled impact. Let's make Rotary a testament to the power of service and the enduring impact of the Rotary Foundation. Together, District 7600 is not just cutting firewood, we are planting forests of hope and prosperity for generations to come. In that spirit I hope to see you at the District Training Assembly on April 20, 2024-bring your axe.

### A Tale of Two District Grant Projects: Rural and Urban Food Insecurity

Two grant projects from opposite ends of the district, one in a rural community, one in an urban environment, addressed food insecurity. Each partnered with an existing community organization to plan and complete the project.

**The Fluvanna Project: Meeting Food Insecurity Needs of Women and Children**  
The Rotary Club of Fluvanna (FRC) partnered with the Monticello Area Community Action Agency, the Fork Union Military Academy Interact Club (FUMA IC), and Vanderlin Recycling to complete this ambitious project. This was a single Rotary club project as there are no nearby District 7600 Rotary clubs. This project began with an intense deep dive into community needs by club members along with an assessment of what type of projects matched member interests and priorities. The multistep needs and interest assessment resulted in identifying the top priorities and the identification of an organization with which the club could partner.

The Fluvanna project spanned four major activities: facility build out, facility preparation, equipment installation, and food stocking. In addition to relocating equipment and foods from the MACAA's two existing old facilities, FRC and FUMA IC members also served at the pantry and organized food drives to help stock the pantry. The project was designed to provide access to nutritional food information about food choices and cooking will be provided as the customers select their food in a welcoming, store-like facility that provides information about their food choices instead of the prior drive-through food pantry model. This customer centered approach will bring more young families into the facility to select food and learn more about nutrition. "Our hope is that this renovation will allow the Food Pantry to serve more of the county residents by being more flexible in their operating hours and in allowing clients to choose their own food," Rudy Garcia.



District Governor Rudy Garcia (Fluvanna) noted that the success of the Fluvanna Project was due to, a consensus of club members as to the value and importance of the project, the commitment of members to volunteer and to be accountable for promised tasks, flexibility and adaptability to changing time targets, and resources, and keeping open lines of communication among all players, including club members, Interactors, MACAA staff, and community volunteers. As always, every project needs a project manager. According to DG Rudy Garcia, "Rotarian Chris Baca has been like a pit bull shepherding this project through its many twists and turns! His leadership is the driving reason behind the future success of this project."

**The Multi-Club Thrive Project: Newport News, Oyster Point, Virginia Peninsula, Warwick at City Center, and Yorktown:**



The Rotary Clubs of Newport News, Oyster Point of Newport News, Virginia Peninsula, Warwick at City Center Newport News and Yorktown partnered with Thrive Peninsula, Inc., a nonprofit targeting food insecurity in its communities, to help it renovate an existing building being purchased by Thrive. The building was old and needed to be renovated to include a Community Services wing, a Financial Services wing and The Market at Thrive (the Peninsula's first free grocery store). Thrive's vision was to create an area for self-watering garden beds to supply fresh herbs and vegetables for The Market at Thrive. The key player in the

project was Jennifer Daknis who initially introduced the Thrive Executive Director, Angela York, to her club's president-elect, Allen Kemp. From there the discussion about a possible grant grew at Chesapeake President Elects Training (CPETS) in 2023 into a multi-club commitment, with Jennifer volunteering to be the coordinator of the project.

As Project Lead, Jennifer reports there were no real issues coordinating 5 clubs for this grant. An update email was sent out to all the current Presidents and as Immediate Past Presidents, well as both AGs (Davetta Rinehart and Bill Zigler) to keep everyone in the loop on the progress on the grant. Sign Up Genius was used to track volunteers, volunteer hours and communication about the project. All five club presidents have complimentary comments on the success of the project including this statement from Newport News President Deloris Thomas, "The grant provided an opportunity for true community work when we were painting, building the plant beds and working in the market. These tasks were beneficial to all concerned. My club realized that we could be part of the larger project even if individuals were only able to put in a few hours. That was their way of contributing."

#### **Grant Management Seminars Completed for 2024**

The two sessions of the Grant Management Seminars (GMS) for the 2024-2025 Rotary year have been completed. Only eight Rotary clubs failed to meet the certification requirement by attending a GMS as required by The Rotary Foundation. One Rotaract Club, Virginia Commonwealth University, and one satellite club, James City County Satellite Club, were among the affiliate organizations meeting the certification requirement.

Although the District is not offering any additional Grants Management Seminars this

Although the District is not offering any additional Grants Management Seminars this spring, your club can become eligible for a grant by completing the Grants Management Seminar available at the My Rotary Learning Center. This GMS is available at <https://learn.rotary.org/members/pages/36/course-catalogs> under the Foundation course catalog. Once you or a club member have completed the course, you will receive a certificate of completion. Please email me the Certificate of Completion in order to confirm that your club is eligible for a District Grant. But beware, the timeline continues to tick.

To be eligible for a 2024-2025 a club must do the following by May 1.

- provide a certificate of the Rotary Learning Course above if the club did not attend one of the two district GMS sessions.
- submit the club's Rotary Foundation goals on rotary.org
- submit the club's final report for any 2023-2024 district grant

Please note that the District Grants Team will host district-specific Q&As on the following dates via zoom: April 16, 18, 23, & 25, 2024.

Additional district-specific materials can be found at <https://www.rotary7600.org/foundation/>

### **The Chesterfield County Public Library's Blog recapping the 2023-2024 District Grant with Areas 6 & 7**



The partnership between Chesterfield County Public Library (CCPL), the Chesterfield Juvenile Detention Home (CJDH), and the Rotary Clubs of Areas 6 and 7 (Chester, Colonial Heights, Hopewell, Petersburg Breakfast, Petersburg Lunch and Prince George) was an easy decision for all involved, as each organization has a deep-rooted desire to support community youth. In August 2023, these six local Rotary Clubs united to fund and create opportunities of fellowship and community service through a \$28,000 interagency collaborative initiative called, "The Chesterfield Intersection: a library partnership project for detained youth." Young men and

women in their teen years that end up detained at CJDH are encouraged to grow through reading. Reading provides detained youth with an escape from behind secured walls and helps them to develop life-long literacy skills while learning to make informed decisions.

The library inside CJDH was equipped with new books of interest and relevancy to topics that matter to the youth. Rocking chairs designed specifically for use in juvenile detention centers were purchased for the CJDH library to provide unique places of comfort. Volunteer Rotary members (Rotarians) learned new skills to process and prepare each book added to the collections, especially the new Juvenile Justice Collection (JJC) available at CCPL's Central Library for family and friends of detained youth.

The impact has been life changing for some and a seed of hope for others. Ms. Shaliana McFarland works closely with the residents as the Post-D Program Case Manager, and eloquently reinforces:

"This initiative is a resource for detained youth that I can use effectively with them...it provides hope, opportunity, and support to all of them because books are teaching them something. For example, we had a child who increased his reading level from a second to eleventh grade reading level. All he wanted to do was read books from the library. I had another resident, highly depressed, who found in a book on coping and breathing exercises, the answers she was looking for."

In concluding her thoughts, Ms. McFarland emphasized that, "a program of this nature should become a role model to other detention homes in the state."

Over the course of this initiative, a team of CCPL librarians created a personalized curriculum for a preselected and relevant book that would be read by every resident and discussed in small groups facilitated by library staff during school breaks. Group discussions included slightly competitive group activities to engage residents and promote teamwork. On two separate occasions, and with different book titles, one resident unit was chosen to participate in a two-day bibliotherapy book discussion with Director of Library Services Dr. Mike Mabe and Library Regional Manager Jessica Gonzalez. Bibliotherapy is a time of self-reflection for the youth, guided by the storyline and lessons of the preselected book. After all the planned activities, Rotarians will meet with a chosen CJDH resident unit to collectively experience a book discussion and share their thoughts personally and directly.

As we move towards the closing of this initiative, we are proud of the collaborative efforts and coordination of so many moving parts that created memorable experiences and sustainable tools for the young people passing through CJDH.

### **PolioPlus Kennel Klub:**

EPNC Colleen Bonadonna and her dog, PPS Kennel Klub member Sam, won a Chewy gift card and paid it forward. "Today we were finally able to have Sam go to our local animal shelter along with the New Kent High School Interact members who were presenting a donation. Sam wanted to pay it forward and such, donated his winning gift certificate to the shelter. You can see in the picture the certificate with the Kennel Klub logo on it."



They were very pleased about the donation. Thank you from Dan & Colleen for giving Sam the honor and ability to help other pups & kitties.â€

For more information and how you and your furry friend can become a member of the Kennel Klub - go [HERE](#).



**Brandermill Club:**



By Nancy Wright Beasley

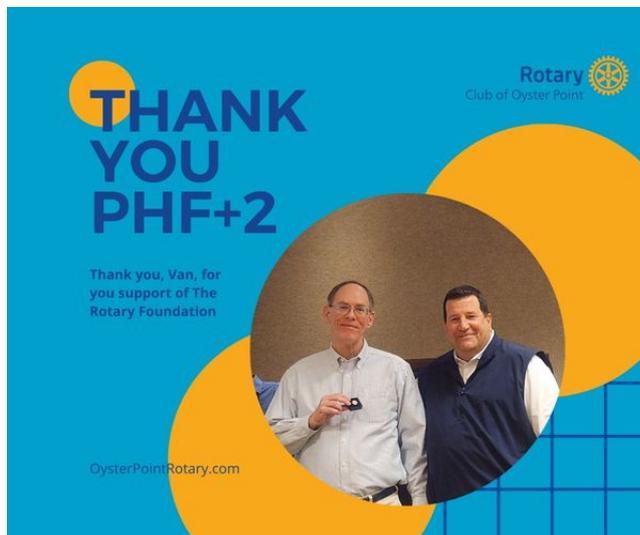
David Rosenthal, D7600 Polio Programs Chair 2023-2026, presented an informative program on polio to Brandermill Rotary Club on February 29. He also installed the first 10 members of the club as PolioPlus

Society members.

(L-R) Back row â€ Campbell Pendleton, Chris Dimitrius. Front Row â€ (L-R) Don Vaught, Bob Cariello, David Rosenthal, Nancy Wright Beasley, Sam Lee, Don Cummins. Not pictured: Carley Salmon, Butch Webber, David Necessary



Bruce from Farmville joins Paul Harris Society.



Van, from Oyster Point gets PH+2.

**Farmville Grant:**



The Rotary Club of Farmville was awarded a three-year Train the Trainer Rotary Global Grant in August 2022. We are very excited about all that has happened to this midway point in the grant cycle. The focus of the grant is to bring the first certification course (S.T.A.B.L.E.) for medical professionals who care for medically challenged neonates, be they term or pre-term infants.

This course teaches the fundamentals of stabilizing a newborn and keeping that infant stable throughout its stay in a NICU (Neonatal Intensive Care Unit). It will provide a basis from which a standard of care is developed across all Neonatal Intensive Care Units, as well as improve infant outcomes.

To date, 90 physicians, nurses and transport personnel have completed the STABLE Certification course. 15 nurses and physicians have been trained as S.T.A.B.L.E. instructors. One of these instructors has accepted the role of Honduran S.T.A.B.L.E. Coordinator and will manage the scheduling and logistics of future course offerings. Eight course offerings have been planned for the remaining months in 2024.

There has also been equipment purchased with grant funds that will support the courses being held. Audiovisual equipment, including screens, projectors, computers and speakers, has been purchased and given to each of the larger Hospitals in San Pedro Sula, Honduras. Three simulation mannequins and two simulation heads (used to practice intubation) have been given to enhance the practical experiences in each class.



Medical professionals who have completed the S.T.A.B.L.E. certification course have shared that it has greatly influenced how they care for their patients. Many of the practice theories and procedures presented in the course have been adopted by several of the NICUs. Data is currently being gathered to prove how the adoption of this standard of care is improving the overall outcomes for patients. The nurses now understand the "why" behind the care they are asked to give. They fully understand that this educational opportunity will change the history of neonatal care in Honduras.

**Rest In Peace Paul Alexander**  
*from the Internet*



Paul Alexander, widely known as "Polio Paul", was only six years old when he contracted polio in the summer of 1952 which left him paralyzed from the neck down and unable to breathe independently. Doctors placed him in a metal cylinder, where he would spend the rest of his life.

The lung, which he called his "old iron horse", allowed him to breathe. The way the iron lung works is by sucking air out of the cylinder, forcing his lungs to expand and take in air. When the air was let back in, the same process in reverse made his lungs deflate.

Paul would go on to earn a law degree - and practice law. In 2020, he published a memoir which reportedly took him eight years to write using a plastic stick to type on a keyboard and dictating to a friend.

Alexander was declared the longest surviving iron lung patient last March by the Guinness World Records. He lived in the Iron Lung for 70 years - died on March 11, 2024 at the age of 78.

There are many reports and videos about Paul and his life... this is just one:  
<https://www.youtube.com/watch?v=E0onqfBjqkU>.