



Health Education and Wellness Rotarian Action Group (HEWRAG)

*Rotarians Working Together To Improve World Health*

## Volume 2, Issue 2 – May 2016

[www.hewrag.org](http://www.hewrag.org)   [hewrag@gmail.com](mailto:hewrag@gmail.com)

Newsletter Editors and HEWRAG Co-Chairs: Jane Little and Sheila Hurst

### Greetings!



### The 2016 Rotary International Convention in Seoul, South Korea is May 28 to June 1.

HEWRAG invites current and prospective members and all who are interested to its activities and events to participate in discussions and conversations, to explore collaborations, and to discover opportunities for partnerships.



### HEWRAG Activities at the 2016 Rotary International Convention

**Breakout Session: Monday, May 30. 13:30 to 15:00. Room: 408, Kintex 2**

“Sustainable Health Education Projects and Community Health Fairs...  
Successful Examples from Around the World”

Moderator: Past District Governor Karl Diekman,  
Rotary Club of Woodland, California USA, District 5160

Panelists:

1. Past District Governor Jane Little, HEWRAG Co-Chair  
Rotary Club of Homer Downtown, Alaska, USA, District 5010
2. Past Assistant District Governor, Sheila Hurst, HEWRAG Co-Chair  
Rotary Club of Redding West, California, USA, District 5160
3. Yash Pal Das, Rotary International Director 2011-2013  
Rotary Club of Ambala, India, District 3080, HEWRAG Advisory Board
4. Ambassador Sally Cowal, Senior Vice President,  
Global Health, American Cancer Society, Washington, D.C. USA

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**HEWRAG Annual Meeting: Monday, May 30. 16:30 to 18:00. Room 2B, Kintex 1**

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**Booth #3236 in the House of Friendship:** If you would like to help in the Booth and/or be involved in other ways, please write to [rotaryjane@yahoo.com](mailto:rotaryjane@yahoo.com).

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**2017 China Medical/Dental Mission Planning Meetings sponsored by  
HEWRAG, HuaQiao Foundation, and District 5000 (Hawaii)**



HEWRAG Co-Chair Jane Little traveled to Chengdu, China from March 23 to 31, 2016 on a fact-finding trip to start planning the 2017 China Medical/Dental Mission to be held in LiangShan, China on April 4 - 6.

During the Rotary International Convention in Seoul, there will be two very important meetings, so if you would like to participate in the 2017 China Mission, please attend.

*Jane Little with a new friend in Yi Village, LiangShan.*

The planning meetings will be Tuesday, May 31

8:30am - 10:00am in Room 209A (Open to the Public)

12:30pm - 14:00pm in Business Lounge 2B (By Invitation)

All are invited to the morning information and planning meeting. However in order to attend the afternoon session, you will need to be committed to coming to China for the Medical/Dental Mission in April 2017. For more information, please send an email to Jane Little, 2017 China Mission Project Leader, at [rotaryjane@yahoo.com](mailto:rotaryjane@yahoo.com)

We're looking forward to seeing many of you in Seoul.

With Warm Regards,

Co-Chairs Jane Little and Sheila Hurst

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**Would you like a HEWRAG program or exhibit for your District Conference, Zone Institute, or another Rotary event in one of our three areas of emphasis?**

**HEWRAG has created a team of speakers for Rotary events on its three areas of emphasis: Health Fairs & Medical Missions; Oral Health & Nutrition; and Cervical Cancer Prevention. For details, please contact us at [HEWRAG@gmail.com](mailto:HEWRAG@gmail.com).**



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## FEATURED ARTICLES

### SPECIAL SECTION:

#### KENYA SMILES, Children's Oral Health Program

##### **Kenya Smiles – Impressions from the Host Partner: The Rotary Club of Karen-Nairobi**

Jeff Bamford, Kenya Smiles Country Coordinator,  
Past Kenya Country Chair, District 9212, HEWRAG Board of Directors

Protus Lumiti, Past President, Rotary Club of Karen-Nairobi, District 9212, Kenya  
Assistant District 9212 Governor

#### **District 9212 Conference and Assembly in Addis Ababa, Ethiopia**

#### **Reach Out To Africa Newsletters**

##### **Centennial Commemorative Book: *Doing Good In the World: The inspiring Story of The Rotary Foundation's First 100 years***

#### **The Sintaro Village Project**

Joy Alaidarous, President 2014-15  
Rotary Club of Rossmoor, District 5160, California, USA

#### **A Concert for Eight Chairs**

Alexei Svetlikov, MD PhD  
Chief, Vascular Surgery Department, Hospital №122, St-Petersburg, Russia  
Rotary Club of Saint Petersburg White Nights, District 2220, Russia

#### **SMILE EXPRESS: A Mobile Dental Van**

Dr. Rita Kalra, Rotary Club of Chandigarh Midtown, District, 3080, India

#### **Taking Cervical Cancer Prevention to Scale: Protecting All Women and Girls**

Cervical Cancer Action



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## SPECIAL SECTION:

### KENYA SMILES, Children's Oral Health Program

#### Kenya Smiles – Impressions from the Host Partner: The Rotary Club of Karen-Nairobi

Jeff Bamford: Kenya Smiles Country Coordinator,  
Past Kenya Country Chair, District 9212, HEWRAG Board of Directors

Protus Lumiti: Past President, Rotary Club of Karen-Nairobi, Kenya, District 9212  
Assistant District 9212 Governor

Members of the Rotary Club of Karen-Nairobi were honored when (then) District 9200 Governor Geeta Manek suggested us as the Host Partner of the Kenya Smiles project with (then) District Governor Laura Day and all 71 Clubs of District 5160 as the International Partner. However, we had no idea (then) what a difference it would make to our Club, to our community, and to our country.

Kenya Smiles was a \$200,000 Global Grant project that created a model to improve the oral health of children in Kenya. It included a two-way Vocational Training Team exchange between dental professionals in Kenya and California, dental care lessons and supplies for children (and adults), a nutrition education component especially for mothers and caregivers, and portable equipment for dentists to take to schools and remote clinics so they could provide free care and treatment for children. Partners in Kenya included



Sheila Hurst, Jeff Bamford, Karl Diekman, and Laura Day prepare backpacks for 5000 children.



Protus Lumiti, Dr. Regina Mutave, Jeff Bamford, Dr. Jim Green, and Laura Day teach children in Kibera Slum, Nairobi, about oral health.

Kenya's Chief Dentist (Rotarian Stephen Irungu); the Ministry of Health; the Kenya Dental Association; the University of Nairobi School of Dental Sciences; the chief dentist of the Aga Khan University Hospital, Nairobi; Meru Dental Services; and Colgate – Palmolive.

From the project's inception, our Club was actively engaged: participating in

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planning and implementation with the Leadership Team from District 5160: Governor Laura Day, Team Leader Sheila Hurst, and Past District Governor Karl Diekman; meeting with the Kenya Vocational Training Team; hosting the American Vocational Training Team; traveling thousands of kilometers to demonstrate oral health lessons in schools, and teaching school administrators and faculty the curriculum. We've presented to Rotarians at Club meetings, District Conferences, Assemblies, Zone Institutes, and International Conventions. And we've enjoyed it all.

Kenya Smiles exceeded all expectations. It generated additional funding, was awarded



**Protus Lumiti presenting Kenya Smiles backpacks to students at Nelson Mandela School, Nairobi.**

other grants, motivated professional volunteers, created scholarships for dental students, expanded into more geographic areas, taught new skills, created jobs, and even resulted in the new Nutrition for Life Bakery, an enterprise in a slum in Nairobi that was a direct result of the project. It was also featured in The Rotarian Magazine in August 2013 and February 2014 and "Doing Good In The World: The Inspiring Story of The Rotary Foundation's First 100 Years."

For the Rotary Club of Karen-Nairobi, the oral health message is now part of our culture. Kenya Smiles has even been incorporated into a number of our Club's activities. For instance, the faces of excited children greet our members at the monthly reading program in Kuwindu Slums in Nairobi. In small reading groups children ages 6 to 13 from different schools meet on Saturday and learn, among other important skills, how to keep their teeth healthy.



**Jeff Bamford shows a young boy a Kenya Smiles puppet in Loitokitok District, Kenya.**

And the children aren't the only enthusiastic beneficiaries. Regional health officers also recognize the program's benefits. Parents and teachers have been educated about preventive care and are now emphasizing the importance of good oral health practice to their families and classes. The project has gone far beyond the original two sites of Nairobi and Meru and has moved south and west to communities such as Loitokitok, Eldoret, Kisumu, Nakuru, and Naivasha, helping to address unmet oral health needs.

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In a country with almost 45 million people and only 1000 licensed dentists, the direction is clear. There is a need and an opportunity to extend the Kenya Smiles oral health model to all 47 counties in Kenya. And Rotarians working together can accomplish this.

For more information about your Rotary Club creating or supporting a children's oral health project, please contact [jefferycbamford@gmail.com](mailto:jefferycbamford@gmail.com)

## **The District 9212 Conference and Assembly in Addis Ababa, Ethiopia**

District 9212 Governor Teshome Kebede Redie invited HEWRAG leaders to present the Kenya Smiles story at the District 9212 Conference and Assembly in Addis Ababa, Ethiopia April 14 to 16, 2016. The Conference in the magnificent African Union Headquarters was attended by about 600 Rotarians from Ethiopia, Kenya, and South Sudan.

In the impressive meeting room on Friday, April 15, Kenya Smiles Team Members described the Global Grant project and traced the development of a model Oral Health and Nutrition project created to improve the oral health of children in Kenya from its origin to a large-scale program that is simple, scalable, and sustainable. The presentation expanded awareness and provided a direct link to Rotary clubs whose members have expressed an interest in exploring the idea of taking it to their clubs – in Kenya or beyond.



**African Union Headquarters,  
Addis Ababa, Ethiopia**



**Kenya Smiles Team Members Jeff Bamford, Geeta Manek, Sheila Hurst, Karl Diekman, and Protus Lumiti. Not shown in the photo: Laura Day.**

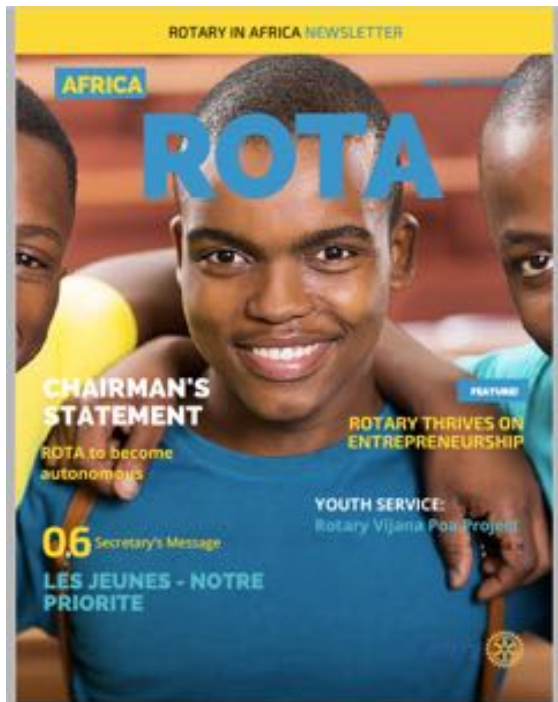


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## Reach Out To Africa Newsletters

“Reach Out To Africa – ROTA” is a Rotary International committee that was initially created to enhance Rotary in Africa with an emphasis on service projects development and in partnerships with Rotary clubs and districts in other countries, utilization of the



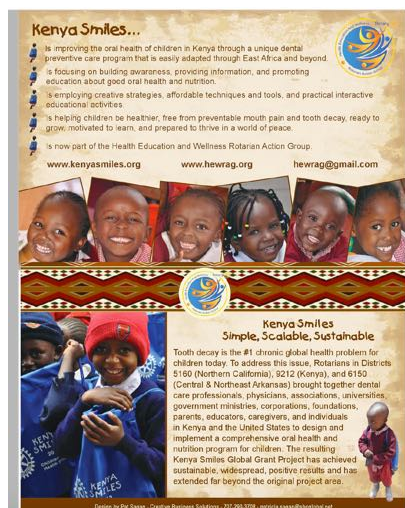
resources of Rotary International and The Rotary Foundation, involvement in Rotary programs, and membership growth. Rotary in Africa publishes an outstanding monthly newsletter that includes updates and news about its services and projects in Africa.

The Health Education and Wellness Rotarian Action Group and Kenya Smiles extend appreciation to 1) Geeta Manek, *RI Coordinator Zone 20A, ROTA Chair Region 5, and ROTA Newsletter*, 2) Lawrence Okwar, *ROTA Secretary 2014/15/16*, and 3) the ROTA Newsletter Team for so graciously including information about our programs in the March, April, and May 2016 issues.

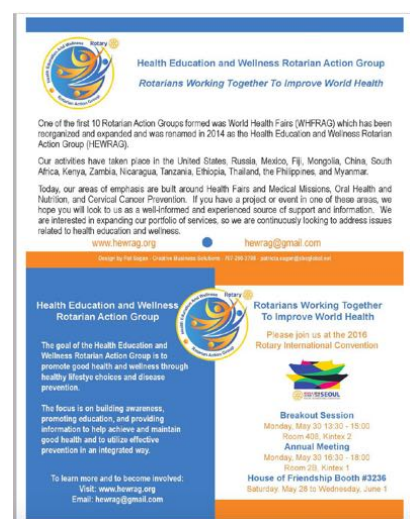
### Cover of the ROTA Newsletter May 2016



## Kenya Smiles March 2016



## Kenya Smiles April & May 2016



HEWRAG April &amp; May 2016



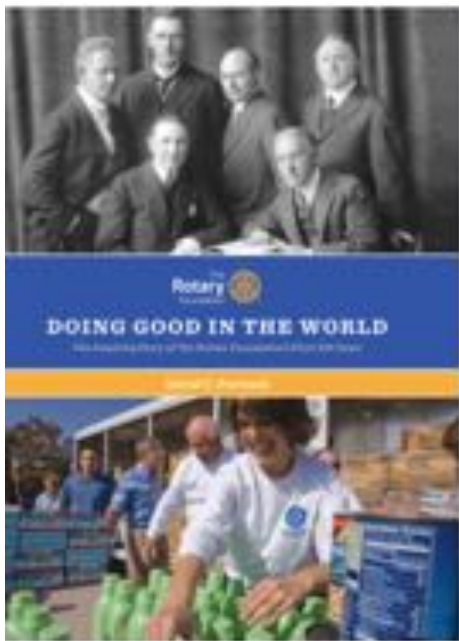
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## **Centennial Commemorative Book: *Doing Good In the World:* *The inspiring Story of The Rotary Foundation's First 100 years***

Commissioned by Rotary International for The Rotary Foundation Centennial, *Doing Good In the World: The inspiring Story of The Rotary Foundation's First 100 years* vividly documents the Foundation's history, the development of its programs, and the difference that Rotarians have made around the world.

The participants in the Kenya Smiles Global Grant Project are honored to have been included in the Photo Gallery on page 257.



**Doing Good in the World**



**Kenya Smiles photo page 257**

## **The Sintaro Village Project**

Joy Alaidarous, President 2014-15  
Rotary Club of Rossmoor, District 5160, California, USA,

From the simple beginning of a Rotary club program, a \$65,000 Global Grant Project has blossomed. Several members of Rossmoor Rotary who belong to the Danville Community Presbyterian Church presented a program about the Village of Sintaro in Ethiopia that the church had adopted. The needs of these people were so great that we Rotarians were moved to offer help. The church members, who had already started a school and had the funding mostly in hand for a well, felt that health care was the next issue to be tackled.

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No one in our club had ever been involved in a Global Grant. We knew we needed a Rotary Host Partner in Ethiopia, but we didn't know how to go about that. With Rotary magic hard at work, visiting Rotarians from the Golden Triangle Club in San Diego said



**Club Banner exchange: Joy Alaidarous, President 2014-15 Rotary Club of Rossmoor, Walnut Creek California, Mahider Kebede, President of Rotary Club of Addis Ababa Bole, Ethiopia, and Yoseph Desta, International Projects Chair, Rotary Club of Addis Ababa Bole, Ethiopia.**

they knew how and would help us. That was on a Wednesday. On Friday I was in contact with Past District Governor Ezra Teshome in Seattle, Washington, USA. By the following Wednesday, we were talking with members of the Rotary Club of Addis Ababa Bole; the Club is now the Host Partner in this endeavor.

We soon realized that to write a sustainable grant someone from our club needed to do on the ground fact finding. In November 2014, I went to Ethiopia with

a group from the Danville Church. With a member of Addis Ababa Bole Rotary, we drove more than 6 hours, much of the time on dirt roads, to Sintaro Village in the Southern Tribal Area.

The core village has about 900 people and draws from a surrounding area of 9,000. We learned that the village women walked 4 hours a day to get water from a dirty river. There was no electricity. The closest school was more than two hours away. 100% of the adults were illiterate. The men raised coffee and grazed some cows. The women had no money. A government-provided health outpost was inadequately outfitted and very rarely staffed. No woman in the village had ever seen a doctor. When asked, "What do you do if you are sick?" The reply was, "We go to our huts and lie down. We either get better, or we die." The nutritional status was very poor. The primary food, the false banana plant, is lacking in protein.



**Village fact-finding meeting in preparation for developing grant application with local teacher acting as translator.**

Conditions are changing. The Danville Church partnered with Hope Enterprises, an Ethiopian NGO, to build a school that now has 200 students enrolled and completed a well in the Spring of 2015.

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Our Rotary Global Grant was designed in partnership with the people of the Village. It will provide training for four local women as community health workers and will outfit the health outpost with needed supplies. The Regional Health Minister has signed a memorandum of understanding with us to provide the training and to maintain the supply inventory once in place. We will construct latrines and hand-washing stations at the school and health outpost.

Twenty women will participate in a series of demonstration economic projects: 5 - chicken projects, 5 - beekeeping projects, 5 - Moringa tree projects, and 5 - packaging the false banana powder for sale. One hundred people - 50 women and 50 men - will have the opportunity to go through a three year adult literacy project developed by Hope Enterprises.

This is a complex, multifaceted grant with the Danville Community Presbyterian Church, Rossmoor Rotary, Addis Ababa Bole Rotary, the Ethiopian Minister of Health, Hope Enterprises, and Rotary International. It took almost two years from the original idea to final approval, and now we're beginning implementation of the Sintaro Village Project.



*The wife and infant son of a village leader.*

For more information, please write to [jalaidarous@gmail.com](mailto:jalaidarous@gmail.com)

## **A Concert for Eight Chairs**

Alexei Svetlikov, MD PhD  
Chief, Vascular Surgery Department, Hospital №122, St-Petersburg, Russia  
Rotary Club of Saint Petersburg White Nights, District 2220, Russia

Saint Petersburg is known as a city of museums, art, and music. There are a lot of people visiting our city every year. Some of them are not able to share the experience of seeing all beautiful things around us. There are about one million of people with sight problems in Russia. How can we help them sense the beauty?

**A Concert for Eight Chairs** is a social project created by the Rotary Club Saint Petersburg White Nights and the Museum of Theatrical and Musical Art. The idea of making such wonderful equipment belongs to Alexander Reichstein, a famous artist and designer. The project is made especially for blind children and adults; however, it is also interesting to a wide range of people.

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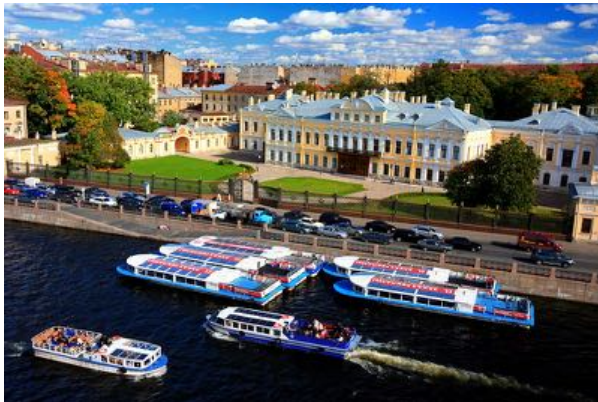


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As a physician, I think that our project will help blind people, especially children, to accommodate better in their complicated lives. People with psychological and psychiatric disorders will also be able to have additional rehabilitation here. People with normal vision will understand what blind people feel and wish and decrease their own amount of stress. As a consequence we shall be able to help to a number of different groups of visitors to this project.



**Sheremetev Palace on the banks of the Fontanka River, St. Petersburg, Russia**



**The 8 Chairs in front of the Sheremetev Palace.**

This is how it works. There are eight chairs located in Sheremetev Palace in the outer bailey in front of the Palace in summer. Each chair has special electric equipment that turns on the moment a visitor sits down on a chair. Should you sit on one chair you can hear a sound of the particular instrument louder than the others. If all of the chairs are occupied you will enjoy the sound of one of Mozart's serenades (Serenade in C minor). The instruments that were used for recording the Serenade are violins, altos, cellos, clarinets, coronets, and fagottos (bassoons).



**View of the chairs and examples of embossed images on music stands.**  
Photos from website of Alexander Reichstein [www.reichstein.name/chairs.html](http://www.reichstein.name/chairs.html)

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The music has been recorded by St. Petersburg Philharmonic's musicians under the direction of Vladimir Rannev. There are desks in front of each chair which contain an embossed image of the particular instrument and a description with special translation to Braille.

This project is a part of the program for building a special museum zone, which would be available for blind visitors. It is not the first time the Saint Petersburg State Museum of Theatrical and Music Art has helped blind people get closer to art.

Our Rotary Club Saint Petersburg White Nights has had different events like art exhibitions, concerts, and some charitable lotteries in order to collect money for realizing the project. There have been other Rotary Clubs involved, too. The Rotary Club of Volgograd (Russia) and the Rotary Club of Diekirx-Ettelbruck (Luxemburg) have invested a lot in this project. There are plates with the names of those clubs on two of the chairs. You also have a chance to write a name of your Rotary Club on the chairs by making a subscription in order to develop and provide an appropriate technical servicing for the chairs. Citizens and guests of Saint Petersburg – the cultural capital of Russia – will be very grateful.

For more information, please write to [asvetlikov@mail.ru](mailto:asvetlikov@mail.ru)  
You are also invited to visit [www.reichstein.name/chairs.html](http://www.reichstein.name/chairs.html)

## SMILE EXPRESS: A MOBILE DENTAL VAN

Dr. Rita Kalra, Rotary Club of Chandigarh Midtown, District, 3080, India

The Smile Express Mobile Dental Van is an initiative of the Dental Health Awareness Society launched on 18<sup>th</sup> October 2015 at Dr. Sanjay Kalra's Multispeciality Dental Clinic, Panchkula, Haryana, India. The Van is very well equipped with a fully loaded dental unit including a compressor, dental scaler, light cure unit, and suction to carry out basic dental treatments. The vision is to make dental treatment accessible, affordable, and available to under privileged members of the community.



**The Smile Express Mobile Dental Van**

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From October 2015 to March 2016 a Smile Express Team of two specialists and paradental staff conducted five major treatment camps in various locations in collaboration with Dr. Sanjay Kalra's Multispeciality Dental Clinic.

1. **Senior Dental Care:** About 100 people in an old age home, Sector 15, Panchkula and Kartar Asra, Chandigarh were examined and received treatment by the Smile Express Team in the Mobile Van. Some treatments that could not be done on site were undertaken at the clinic in Panchkula.



Inside the well-equipment Smile Express Van, a dentist provides treatment to a child.

2. **Dental Health for Under Privileged children:** Four orphanages and urban slum schools in and around Chandigarh have been adopted by the Society. Approximately 350 children in these schools were examined and received free dental treatments and free Dental Health Care Kits.

3. **School Dental Health:** Smile Express organized Dental Checkup Camps in various schools to spread

awareness about dental disease and its prevention, examining students of varying ages and demonstrating the correct method of brushing with a PowerPoint presentation. About 130 students of Gurukul Global School were examined and trained in good oral health practices.

4. **Oral Health Education:** The Dental Health Awareness Society organized its 11<sup>th</sup> Dental Health Education and Wellness Fair 16<sup>th</sup> – 18<sup>th</sup> October 2015 as a part of the Silver Jubilee celebration of Dr. Sanjay Kalra's Multispeciality Dental Clinic. Highlights were 200 charts and posters and live demonstrations of tooth brushing techniques. Children of various ages from different schools learned about oral hygiene and dental care. Tiny tots dressed in colorful, fancy attire from schools in Panchkula learned about oral health, and the tooth fairy demonstrated the correct method of brushing. Rotaractors enthusiastically participated in the activities.
5. **Oral Health Awareness and Treatment Camps at various forums:** Smile Express is collaborating with groups including the Rotary Club of Chandigarh Midtown and coordinating dental checkup and treatment camps such as those at the Primary Health Center, Maloya Colony, Chandigarh; the Government Model High Secondary School, Indira Colony, Chandigarh; and the Janta Colony, Naya Gaon, Chandigarh.

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Children in fancy dress competition during Oral Health Month.



School children learn about oral health during education and wellness show.

The Smile Express Team finds this unique but thoroughly satisfying initiative by Dr. Sanjay Kalra a welcome opportunity to give back to the society that has given so much to us.

Please contact us for more information. [Rita.kalra5@gmail.com](mailto:Rita.kalra5@gmail.com)

## Taking Cervical Cancer Prevention to Scale: Protecting All Women and Girls

### Cervical Cancer Action

#### Introduction

On November 4, 2015 Cervical Cancer Action (CCA) launched a five-year initiative called *Taking Cervical Cancer Prevention to Scale: Protecting All Women and Girls*. The Initiative convenes a multi-sector partnership committed to prioritizing investments in the health of adolescent girls and women and building momentum for action on global cervical cancer prevention over the next five years (2015–2020). CCA is committed to serving as the convening partner during the first two years of the Initiative.

#### Background

As cervical cancer surpasses pregnancy-related complications as a leading cause of deaths among women in low-resource settings, to protect our investments and gains in maternal health, we must dramatically accelerate our efforts to prevent cervical cancer.

Over the past decade, pilot efforts have validated the feasibility, cost-effectiveness and impact of implementing comprehensive cervical cancer prevention in low- and lower-middle income countries. We have learned that cervical cancer prevention programs:

- Save women's lives, keeping families and communities intact;
- Can successfully be integrated into existing health services for women and girls;

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- Are in demand, and are viable and affordable in all countries;
- Are highly cost-effective and a "best-buy" in global health, according to the World Health Organization; and
- Contribute to achieving current and emerging global development targets on the health of girls and women and the reduction of noncommunicable diseases (NCDs) worldwide.

### The Vision

Cervical Cancer Action and its partners share a vision to expand and scale up global efforts to prevent cervical cancer in low- and lower-middle income countries over the next five years. *Taking Cervical Cancer Prevention to Scale: Protecting All Women and Girls* aims to ensure that all young adolescent girls receive the HPV vaccine and every woman is screened at least once between the ages of 30 and 49—and that she has access to precancer treatment, when necessary.



The Initiative has four key goals:

#### 1. Scale up prevention services for all women and girls

Build political commitment for developing appropriate policies and integrating vaccination and screening/preventive treatment into school health, women's health and HIV/AIDS prevention and treatment programs. For partners currently operating limited prevention programs, seek to cover all girls and women.

#### 2. Expand the stakeholder base globally and in countries

Strengthen and expand national and global-level commitment and investment in cervical cancer prevention, and support collaboration for more effective implementation.

#### 3. Encourage innovation and shared learning

Support efforts to spur the next generation of vaccination, screening and preventive treatment technologies, programmatic innovations and scalable approaches, and to share new learning broadly.

#### 4. Track progress and encourage accountability

Establish systems to track global progress in expanding coverage, monitor resource investments and compare levels of investment against global commitments and need.

### The Initiative—an Opportunity for Partnership

The *Taking Cervical Cancer Prevention to Scale: Protecting All Women and Girls* initiative is an opportunity to increase collaboration, transparency, and knowledge

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sharing among a diverse group of organizations and donors already engaged or newly committed to expanding cervical cancer prevention in low- and lower-middle-income countries over the next five years.

The Initiative is an association of partners who share a commitment to cervical cancer prevention—it is not an institution itself. The Initiative offers a platform to make our independent and collective efforts more effective, while catalyzing greater investment and commitment from an expanded group of partners.



### **Making a commitment**

The only requirements for joining the Initiative are for partners to articulate a clear, measurable commitment that is achievable in the next five years (2015–2020) and to briefly report progress back to the Initiative on an annual basis.

*All levels and types of commitments are encouraged, as long as they fall under at least one of the activities on the commitment form. Each agency commitment will be posted to the Initiative web page so the rest of the world can learn about the good work you are doing!*

To join the Initiative, please fill out the **Initiative commitment form** online at [http://www.cervicalcanceraction.org/initiative/Initiative\\_commitment\\_form\\_2015.pdf](http://www.cervicalcanceraction.org/initiative/Initiative_commitment_form_2015.pdf). Return it to the Initiative Secretariat (currently based in Cervical Cancer Action) at [initiative@cervicalcanceraction.org](mailto:initiative@cervicalcanceraction.org).

- The London meeting report and Report Card are here: <http://www.cervicalcanceraction.org/pubs/pubs.php>
- The link to American Cancer Society global efforts is [www.global.cancer.org](http://www.global.cancer.org).

With questions, please write to [ann.mcmikel@cancer.org](mailto:ann.mcmikel@cancer.org).



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### **Health Education and Wellness Rotarian Action Group Board of Directors**

- Jane Little, Co-Chair, Past District Governor, District 5010 (Alaska, USA)
- Sheila Hurst, Co-Chair, Past Assistant District Governor, District 5160 (California, USA)
- Dr. M.K. Panduranga Setty, Past Rotary International Director, District 3190 (India)
- Steve Yoshida, Past District Governor, District 5000 (Hawaii, USA)
- Karl Diekman, Past District Governor, District 5160 (California, USA)
- Laura Day, Past District Governor, District 5160 (California, USA)
- Josephina Alvarez, Past District Governor, District 4200 (Mexico)
- Jeffery C. Bamford, Past Assistant District Governor, District 9212 (Kenya)
- Will Files, Grants Chair, District 5010 (Alaska, USA)
- Dr. James Green, District 5110 (Oregon, USA)

### **Health Education and Wellness Rotarian Action Group Advisory Board**

- Clifford L. Dochterman, Rotary International President, 1992-93, District 5160 (California, USA)
- Richard D. King, Rotary International President, 2001-2002, District 5170 (California, USA)
- Yash Pal Das, Past Rotary International Director, District 3080 (India)
- Grant Wilkins, Past Rotary International Director, District 5450 (Colorado, USA)
- Phil Silvers, Past Rotary International Director, District 5500 (Arizona, USA)
- Carolyn Jones, Past Trustee, The Rotary Foundation, District 5010 (Alaska, USA and Yukon, Canada)
- Miguel A. Martinez Pereyra, Past District Governor, District 4890, (Argentina)
- Bill Gray, Past District Governor, District 7040 (Canada)
- Bob Warner, Jr., Past District Governor, District 6150 (Arkansas)
- Nadezhda Papp, Past District Governor, District 2220 (Russia)
- Morrison Heth, Past District Governor, District 5450 (Colorado, USA)
- Al Jubitz, Founding Chair, Rotarian Action Group for Peace, District 5100 (Oregon, USA)
- Josie Norfolk, Past President, Rotary Club of Melkbos, District 9350 (South Africa)
- James H. Goddard, Past President, Rotary Club of Denver, District 5450 (Colorado, USA)
- Michael Mead, Past President, Rotary Club of Balgowlah, District 9285 (Australia)



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**The goal of the  
Health Education and Wellness Rotarian Action Group  
is to promote good health and wellness  
through healthy lifestyle choices and disease prevention.**

The emphasis is on building awareness, promoting education, and providing information to help achieve and maintain good health and to utilize effective prevention in an integrated way.

One of the first 10 Rotarian Action Groups formed was World Health Fairs (WHFRAG) which has been reorganized and expanded and was renamed in 2014 as the Health Education and Wellness Rotarian Action Group (HEWRAG).

**Special appreciation for the HEWRAG Graphic Design is extended to**

**Pat Sagan \* Creative Business Solutions \* [patricia.sagan@sbcglobal.net](mailto:patricia.sagan@sbcglobal.net)**

Comments and suggestions about HEWRAG and this Newsletter are welcome. With questions or for more information, please write to [hewrag@gmail.com](mailto:hewrag@gmail.com)

Please share this Newsletter with your friends and family, other Rotarians, Rotaractors, Interactors, colleagues, business associates, and those you think might find it interesting and/or beneficial.

To request adding someone to the mailing list, please send contact information including e-mail address to [hewrag@gmail.com](mailto:hewrag@gmail.com).

Readers are invited to submit an article about Health Education and/or Wellness projects and programs for consideration in a future issue. General guidelines: an article of up to 400 words (500 words maximum) and 2 or 3 high-resolution .jpg images (each a minimum of 1 MB) with captions.

**The next issue of this Newsletter will be published in September 2016.**

To submit an article about Health Education and/or Wellness for consideration in the September issue, please write to [hewrag@gmail.com](mailto:hewrag@gmail.com) by or before August 15, 2016.

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