



Health Education and Wellness Rotarian Action Group (HEWRAG)

Rotarians Working Together To Improve World Health

Volume 4, Issue 1 – February 2018

www.hewrag.org hewrag@gmail.com facebook.com/HEWRAG

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

Greetings!

As we begin our fourth year of publishing HEWRAG Newsletters, we extend a special welcome to new members and readers. At this time, we are honored to acknowledge Rotary International President Elect Barry Rassin as a member of the HEWRAG Advisory Board and look forward to meeting his challenge, *Be The Inspiration*.

You'll read some of the ways HEWRAG is endeavoring to fulfill President Ian Riseley's theme, *Make A Difference*: support of The Leprosy Project, accomplishments in cervical cancer prevention, and February activities of the Board of Directors. Thus, this issue is later than usual. **And HEWRAG is preparing its events for the Toronto Convention:**



We hope to see you there!

DATE	EVENT	TIME/PLACE
Saturday, June 23- Wednesday June 27	HEWRAG Booth 210 House of Friendship	Open Hours Each day
Monday, June 25	HEWRAG Annual General Meeting	14:30 – 16:00 Room 809
Tuesday, June 26	HEWRAG Cervical Cancer Prevention Special Session	8:30 - 10:00 Room 203B
Wednesday, June 27	HEWRAG The Leprosy Project Special Session	8:30 – 10:00 Room 809

With warm regards,

Jane Little and Sheila Hurst

The Health Education and Wellness Rotarian Action Group operates in accordance with Rotary International policy but is not an agency of or controlled by Rotary International.

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FEATURED ARTICLES

The Leprosy Project: A Great Work in Progress in Sichuan, China

Tony Leung, Chairman, The Leprosy Project
Past President, Rotary Club of Quarry Bay, District 3450, Hong Kong / Macao /
Mongolia / The People's Republic of China – Guangdong Province

A Mobile Cancer Screening Van for Haryana

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

Bulova Watch Campaign for Cervical Cancer Prevention

Announcement of New Lady Ganga Timepiece
Previous HEWRAG Articles about LadyGanga.org
February 2016 and September 2016 at hewrag.org/publications

Cervical Cancer Prevention in Senegal

Building Cervical Cancer Prevention Services in Senegal

Dr. Andrew Dykens, HEWRAG Newsletter, September 2017

Partnership takes on Cervical Cancer in Senegal

The Rotarian Magazine, December 2017

An Update on HEWRAG's Cervical Cancer Prevention Activities

HEWRAG Cervical Cancer Prevention Activities: 2017

HEWRAG Guide to Cervical Cancer Prevention: 2018

HEWRAG Board of Directors –

Highlights of Selected Activities in February 2018

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

HEWRAG has created a team of speakers to discuss
Health Fairs & Medical Missions, Oral Health & Nutrition,
and Cervical Cancer Prevention.

For details, please contact us at HEWRAG@gmail.com.



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The Leprosy Project: A Great Work in Progress in Sichuan, China

Tony Leung, Chairman, The Leprosy Project
Past President, Rotary Club of Quarry Bay, District 3450, Hong Kong / Macao /
Mongolia / The People's Republic of China – Guangdong Province

Leprosy (also known as Hansen's disease) is caused by a mildly infectious and slow growing bacteria, *Mycobacterium leprae*, to which 95% of people have a natural immunity, and it is totally curable. Yet it remains a scourge in many parts of the world, including China, where the suffering live out their lives without treatment, in isolation, ostracized by society.

The Leprosy Project was started in 2000 by Rotarians in Hong Kong and was registered as a charitable organization in 2004. Our vision is to see the villages we assist free of leprosy and fully accepted into society. We are proud of the fact that despite our modest size we have been able to transform the fate of people and communities that had been forgotten by the world.

The Leprosy Project's approach is to run a comprehensive set of programs developed in full consultation with the village communities. We believe only through this participatory approach can progress be sustainable.

Over the last decade The Project has grown as a result of long-term dedication of a diverse range of professionals including doctors, engineers, health care workers, and others who share the ideal of improving the quality of life of the people in the leprosy rehabilitation villages.



The Leprosy Project volunteers conducting prevention of disease work in Butuo



The Leprosy Project water project

As a result of the commitment of the professionals volunteering with and working for The Leprosy Project, we were able to expand our services.

The Project initially provided health care and rehabilitation for individuals with leprosy, but over the years we have expanded to include programs on nutrition, water and sanitation, and education.

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Drip irrigation at a family vegetable garden is part of the continuation of The Leprosy Project's nutrition programme for sustainable intake on nutritious diets.

In testament to the dedication of our people and our consistent success, The Project was one of the first international organizations to be granted NGO status by the Chinese Government. The Project was also asked by the Health and Family Planning Commission of the Chinese Government to extend our services from the original number of villages to 7 more for a total of 17 rehabilitation villages and centers today.

This success did not happen overnight. It took vision, determination and the bringing together the right combination of people to make it happen.

For more information about leprosy and The Leprosy Project, please visit www.theleprosyproject.org or email rotaryjane@yahoo.com.

Editor's Note: HEWRAG will be providing support to The Leprosy Project in Liangshan Prefecture, Sichuan, China. We will have a meeting at the Rotary International Convention in Toronto on Wednesday, June 27th from 08:30 - 10:00 am in Room 809. After a presentation about The Leprosy Project, we will have an open planning discussion. Be sure to put this important meeting on your Toronto Convention calendar so you can attend and see if you would like to participate in this very worthwhile project.

A Mobile Cancer Screening Van for Haryana

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

The Rotary Club of Chandigarh Midtown is seeking partners for a Global Grant for a mobile cancer screening van for the State of Haryana. The project is budgeted at INR 2,03,00,000 (about USD 312,825) and will have an annual operating cost of INR 59,36,000 (about USD 91,475).

According to World Cancer Report, there is a high incidence rate of cancer throughout the world and may reach about 20 million by 2030 (World Cancer Report, 2014).

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Rotary

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Haryana is one of the 29 states in India

In India, about 950,000 new cancer cases are detected every year with 633,500 deaths. Females account for more than 500,000 cases, of which around 300,000 succumb to the disease. Most common cancers among women are cervical, breast, and oral cancers that are responsible for more than 142,500 deaths.

The goal of a screening program is to detect people who are at a higher risk of developing cancer. In order to have a successful cancer screening program and reduce mortality, about 70% of the target population needs to be screened at regular intervals. Unfortunately there is no population-based cancer screening program in India. Awareness about cancer among the general public is very poor, and there

are only a few centers with cancer screening facilities throughout the country that make early detection and treatment of common cancers.

Mobile screening is effective because it reaches remote populations providing valuable access to the medical facilities, direct contact with target population, and improvement in the compliance rates.

A mobile cancer screening van has been conceived for a women's healthcare outreach program with following aims.



One type of cancer screening mobile van.

- Organized population-based screening using an INTEGRATED approach wherein the women aged 40-60 years will be screened for breast cancer and cervical cancer in a SINGLE VISIT in and around each block of the district.
- Optimization of mobile van operations for the above mentioned screening purposes and propose a model for promoting preventive healthcare and screening through such mobile van initiatives.

Our project involves a number of steps

1. Coordinating community sensitization and focus group discussions with all constituents
2. Obtaining administrative approvals from relevant sectors

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3. Listing the population of women in the target age group in a database
4. Inviting women for initial screening to the mobile van stationed in their vicinity
5. Obtaining informed consent from all necessary parties
6. Collecting basic data needs from the women when they visit the mobile van
7. Explaining the various screening procedures and distributing pamphlets about these various procedures for the patients' understanding and for their records
8. Sending patient data to SDH/DH/Medical College for review and analysis of radiologists, oncologists, and OBG specialists.
9. Screening positive women on the following days and issuing a referral card with which they will attend the treatment centre in GH/PGIMER/GMCH and undergo management as per findings
10. Monitoring compliance at different levels
11. Utilizing existing infrastructure at General Hospital, Primary health care systems in the form of SDH, CHC, PHC, dispensaries, anganwari centers, etc., and NGOs for project implementation

We anticipate the project will have the following outcomes

1. Awareness and early detection of most common cancers for the larger public living in rural and semi urban areas
2. Low-cost healthcare at the doorsteps of the poor
3. Direct contact with the target population where such facilities are not easily available
4. Collection of data of cancer patients to help plan new policies and their effective implementation based upon the load of cancer cases in a particular area
5. Identification of high-risk areas where cancer is more prevalent and where necessary preventive steps can be initiated well in time
6. Management of cancer patients at an early stage to decrease mortality and morbidity and hence improve the quality of life of poor cancer patients



Women March for Early Detection of Cancer

For more information about this Global Grant and to learn how you might participate, please visit <http://www.rotarychdmidtown.org> or write to rita.kalra4@gmail.com

Editor's Note: Please see the article about the Rotary Ambala Cancer & General Hospital in the February 2016 HEWRAG newsletter online at <http://www.hewrag.org/publications> and the presentation about the Hospital by

PRID Yash Pal Das at the HEWRAG breakout session at the Seoul Convention online at <http://www.hewrag.org/wp-content/uploads/2016/06/HEWRAG-SEOUL-Breakout-Part-4.pdf> or go to [hewrag.org](http://www.hewrag.org), choose Events, and select Seoul Convention Part 4.



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Bulova Watch Campaign for Cervical Cancer Prevention

Announcement of New Lady Ganga Timepiece

Previous HEWRAG Articles about LadyGanga.org

February 2016 and September 2016 at hewrag.org/publications

If you haven't yet, we suggest you watch Lady Ganga: Nilza's Story, a memorable award-winning free film online shown around the world to educate and inspire women to protect themselves and their families from HPV-related cancers. This important and excellent free Rotary program is available online at ladyganga.org

Lady Ganga traces the final phase of the life of Michelle Baldwin, an American woman who suffers from cervical cancer but decides to harness her remaining energy to go to India and standup paddle 1,000 kilometers down the Ganga River. She broke a world record and raised awareness of the need for cervical cancer screening and vaccination, a final act of courage that has proved to be extraordinarily effective.

Bulova recently announced its collaboration with the American Cancer Society and the Global Film Fund to celebrate the inspiring story of Lady Ganga. Through the unveiling of a new Rubaiyat Special Edition 'Lady Ganga' timepiece, Bulova looks to support cervical cancer awareness initiatives to help in the fight against cervical cancer and by making a 10% contribution to the American Cancer Society with every purchase of the 'Lady Ganga' Special Edition timepiece.



Introducing The Special Edition Lady Ganga Timepiece

With only a few months to live, Michele Baldwin did the unthinkable and broke a world record by paddle boarding over 700 miles down the Ganges River to help raise awareness about cervical cancer.

For every Rubaiyat Lady Ganga Special Edition timepiece sold from December 11, 2017 to December 31, 2018, Bulova will contribute 10% of the purchase price which will be invested in the American Cancer Society's cervical cancer awareness initiatives.

To learn more about Lady Ganga, visit LadyGanga.org #LadyGanga



Editor's Note: Please also see the articles about Lady Ganga written by Director/Producer Frederic Lumiere in the February 2016 and September 2016 issues of the HEWRAG Newsletter online at hewrag.org/publications.



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Cervical Cancer Prevention in Senegal

Building Cervical Cancer Prevention Services in Senegal

Dr. Andrew Dykens, HEWRAG Newsletter, September 2017

Partnership takes on Cervical Cancer in Senegal

The Rotarian Magazine, December 2017

Dr. Andrew Dykens wrote an article titled **Building Cervical Cancer Prevention Services in Senegal** for the **September 2017** issue of the **HEWRAG Newsletter**. HEWRAG Newsletters are online at www.hewrag.org/publicaitons.

In December 2017, The Rotarian Magazine published

Partnership takes on cervical cancer in Senegal

This article features an interview with Dr. Andrew Dykens.

up front



Partnership takes on cervical cancer in Senegal

Until the 1950s, cervical cancer killed more American women than any other type of cancer. Widespread screening has drastically decreased the number of those deaths in the United States, but in the West African country of Senegal, the disease remains prevalent. Every year, more than 1,400 Senegalese women are diagnosed with cervical cancer, and hundreds of them die from it.

To Andrew Dykens, a professor of family medicine at the University of Illinois at

Chicago (UIC), the situation is especially galling given how easy this form of cancer is to catch.

"Cervical cancer develops very, very slowly," Dykens says. "There are five to 15 years from the first cellular changes to the actual cancer development. So you've got time during that phase to do something about it."

That's exactly what he's doing, with the help of the Peace Corps, Rotarians, and UIC.

Dykens — who is a member of the Rotary Club of Chi-

cago, the director of the Global Community Health Track at UIC's Center for Global Health, and a former Peace Corps volunteer — is bringing together those organizations and Senegal's Ministry of Health and Social Action to reduce the number of women who die from this highly treatable disease.

A bit of background: In 2010, Dykens launched Peace Case, a nonprofit that helps communities and organizations work together to bring resources where they are needed. "It dawned on me that

the Peace Corps should be working more closely with, for example, academic centers, because these centers have technical expertise but don't have a footprint in local settings," he says. "Meanwhile, the Peace Corps has people who are extraordinarily knowledgeable about the local context."

And Rotary? "Rotary loves to build capacity," he says. "If we can build the capacity to implement evidence-based solutions that already exist, we don't need fancy tools like MRIs or robotic surgery. Not

COURTESY OF ANDREW DYKENS

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up front

that those tools aren't good, but there's a basic level of access to primary health care that doesn't exist."

After hearing from Peace Corps staff in Senegal about the need for cervical cancer screenings there, Dykens and Peace Care started training health workers in the Kedougou region of the country to detect abnormal cervical cells via a simple but effective method. A vinegar solution, dabbed onto the cervix, reveals abnormal cells that can be killed immediately with a cryotherapy gun and CO₂ tank – no electricity required. This is far easier and less expensive than the standard Pap test, which requires looking at cell samples under a microscope to identify abnormalities.

"Cool, right?" Dykens says. "This technique has been around for decades, and it costs so little and saves women's lives. So how is it that in this day and age, in Senegal, there are 10 rural regions that have no access to cervical cancer screening?"

Part of the answer is local influence. "In some cases, the local opinion leaders are very conservative on women's issues, and they are reluctant to help the women go for consultation," says Manuel Pina, an obstetrician/gynecologist and member of the Rotary Club of Dakar-Soleil who is working with Peace Care. "But Rotarians are also opinion leaders. We have already done local talks on the importance of this project, to help end all of the rumors and bad information linked to cervical cancer." Pina notes that



OPPOSITE: Training for health care workers in Kedougou. THIS PAGE: Andrew Dykens, lower left, worked closely with local health care workers and Peace Care volunteers to bring a simple testing and treatment protocol for cervical cancer to Senegal.

they also encourage families to have their daughters vaccinated against human papillomavirus, which causes cervical cancer.

Rotarians and Peace Corps volunteers have a long history of working together on projects, and in 2014 the two organizations began a more formalized partnership. The cervical cancer screening project demonstrates how a grassroots effort can benefit from the combined strengths of the two organizations.

The Rotary clubs plan to apply for a Rotary Foundation

global grant to help expand cervical cancer screening services to the Tambacounda region. "Not just for the purpose of building capacity, but also to build a training center for cervical cancer screening," Dykens says. Eventually, that center could also train health workers to screen for and treat other diseases, such as diabetes, hypertension, and other types of cancers, he adds.

Dykens says support of Rotarians in the United States and in Senegal will continue to be key.

"Rotarians do things right," he says. "They work systematically and always engage local voices and perspectives, and that is what ultimately creates success. Rotary has worked a long time on polio and done an amazing job. And in my mind, access to primary care is the next polio." —JANE FORD

Encourage your international club partners to contact their local Peace Corps post to explore collaboration opportunities to improve local communities.

COURTESY OF ANDREW DYKENS



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An Update on HEWRAG's Cervical Cancer Prevention Activities

HEWRAG Cervical Cancer Prevention Activities: 2017

After our introduction to the Cervical Cancer Prevention Initiative in November 2015, HEWRAG set about to raise awareness among Rotarians around the world about the issues related to and the opportunities to help their communities address Cervical Cancer Prevention. During 2016, our effort was directed in large part to developing our familiarity with the disease and its prevention strategies. Additionally, we began a series of presentations to Rotarians in local communities and at international Rotary Conferences. By the end of 2016, we had developed confidence in our understanding of our capabilities and believed that we could best serve Rotarians as they addressed cervical cancer prevention in their own communities.

In 2017 we expanded our reach and raised awareness through presentations made to Rotarians at the Rotary International Convention in Atlanta, GA, USA, and at regional Rotary meetings in Nigeria, the United States, and Zambia. In addition, we have made numerous presentations to Rotary clubs in Africa, USA, and the UK.

At the Rotary International Convention, during HEWRAG's Annual General Meeting and in a later Special Session, Cervical Cancer Prevention was front and center as it was in our display in the House of Friendship. Thousands of Rotarians from around world learned of our support for Cervical Cancer Prevention efforts and of the special relationship we have developed with the American Cancer Society and others in the fight against cervical cancer.

Significant among our activities was our assistance to Rotary District 9142 where we helped Rotarian leaders design a public awareness campaign that was launched in October 2017 in the seven Nigerian States that the District represents. We also consulted with Zambian Rotarians and the Ministry of Health in Zambia to design a comprehensive Cervical Cancer Prevention project in that country.

You can read articles that we have published in our newsletter by going to our website <http://www.hewrag.org/> and clicking on the "Publications" tab or by following the links below:

February 2017: <http://www.hewrag.org/wp-content/uploads/2016/03/HEWRAG-4-Newsletter-February-2016-.pdf>

- **HEWRAG's Zambian Adventure**, by Karl Diekman, HEWRAG Director, Rotary Club of Woodland, District 5160 (Northern Central California)
- **Rotary Clubs in Northern California, USA Partner to Help Prevent Cervical Cancer in Kenya**, by Judy Wolf, Rotary Club of Davis, District 5160

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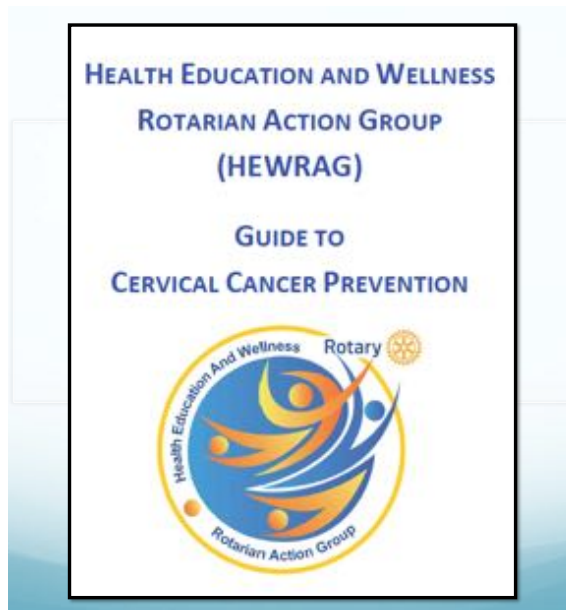
May 2017: <http://www.hewrag.org/wp-content/uploads/2015/01/HEWRAG-May-2017-Newsletter.pdf>

- **Zambia: Oral Health and Cervical Cancer Prevention Meetings, Presentations, and School Visits**
- **Nigeria: An Invitation to the District 9140 Conference and A Polio/Peace Walk through Calabar**
- **Cervical Cancer – A Global Burden**, by Sally Cowal, Senior Vice President, Global Cancer Control American Cancer Society

September 2017: <http://www.hewrag.org/wp-content/uploads/2017/09/HEWRAG-Newsletter-September-2017.pdf>

- **The Power of Partnership: The American Cancer Society and HEWRAG working together to end cervical cancer**, by Kristen Solt, American Cancer Society Strategic Director, Global Cancer Control
- **Cervical Cancer Campaign in District 9142, Nigeria**, by Chinelo Ude Akpeh, Rotary Club of Onitsha East, District 9142, Nigeria
- **Building Cervical Cancer Prevention Services in Senegal**, by Andrew Dykens, MD, MPH, Rotary Club of Chicago, District 6450, USA, Returned Peace Corps Volunteer (Mauritania '97 to '99) (You can find out more about Dr. Dykens' work in the December edition of *The Rotarian*, pages 16 and 17.)

HEWRAG Guide to Cervical Cancer Prevention: 2018



In February 2018 we published
**The HEWRAG Guide To
Cervical Cancer Prevention**

AS ROTARIANS, WE ARE UNIQUELY POSITIONED THROUGH OUR WORLDWIDE NETWORK TO MAKE ENORMOUS LEAPS OF PROGRESS IN THE QUALITY OF LIFE FOR THE PEOPLE IN THE COMMUNITIES WHERE WE LIVE, WORK, AND PLAY.

IMAGINE IF YOU WILL THE OPPORTUNITY TO ADD DECADES TO THE LIFE EXPECTANCY OF MILLIONS OF WOMEN AND THE CHANCE TO IMPROVE THE QUALITY OF LIFE FOR EVERYONE.

For additional information, please contact
Karl Diekman at kddiekman@aol.com



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HEWRAG Directors: Highlights of Selected Activities in February 2018

February 8 to 12: the 1st East Africa Project Fair, Entebbe, Uganda

District Governor Elect Jeff Bamford and members of the Rotary Club of Karen-Nairobi hosted a booth to promote projects to attract international and local partners. The Kenya Smiles Oral Health and Nutrition Project attracted the most attention.



February 10-11 Presidential Peacebuilding Conference Environmental Sustainability, and Peace, Vancouver, Canada



Environmental Sustainability, and Peace
10 February 2018 — Vancouver, Canada

Past District Governor Steve Yoshida



Steve Yoshida presented RI President Ian Riseley with a Ginkgo tree that is a descendant of one that survived the atomic bomb in Hiroshima, Japan.



President Ian Riseley; 91 year old PDG Jiro Kawatsuma, a Hiroshima A-Bomb Survivor; and AG Hiro Seki planted the tree in Vancouver's VanDusen Botanical Garden.



Steve and Noko Yoshida helped plant the second-generation atomic bomb survivor tree brought from Hiroshima, Japan.

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February 15: Rotary Ambala Cancer Detection and General Hospital's Palliative Care Program, Ambala, India

Past Rotary International Director Yash Pal Das



Dr. David Mackintosh, (M.D.) Palliative Medicine, and his wife, Jane Mackintosh, (Nursing Specialist) from Australia were in Ambala for a week to visit with and counsel the patients in the Rotary Ambala Cancer Detection and General Hospital's Palliative Care Program which is provided free of cost to the terminally ill patients.

Yash Pal Das (3rd from right) with members at the Rotary Ambala Cancer Detection and General Hospital



Jane Mackintosh and Dr. David Mackintosh in front of the Rotary Ambala Hospital with Past President Subhash Bansai and Past President Vinay Malhotra who are spear-heading this palliative care program with a dedicated team.



Dr. David Mackintosh and Rotarians visit a patient in a remote village.

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**February 23 -25: Pacific Northwest PETS,
(Presidents-Elect Training Seminar)
Seattle, Washington, USA**

Past District Governor Jane Little



Past Rotary International President Richard D. King, Cherie King, and Jane Little.

HEWRAG is extremely honored that Past RI President Clifford L. Dochterman, Past RI President Rickard D. King, and RI President Elect Barry Rassin are members of the HEWRAG Advisory Board.



**February 23- 25: Rotary District 5160
Leadership Academy
Vacaville/Napa Valley, CA**

Past District Governor Laura Day

The District 5160 Rotary Leadership Academy is designed to give those choosing to volunteer their time in the District Organization a broad overview of the scope of Rotary. **Academy Dean Laura Day** coordinated the program that included a celebration of the 10th Anniversary of the Academy and the 113th Anniversary of Rotary!

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The PNW Presidents-elect Training Seminar is the largest and one of the oldest multi-district PETS. This joint effort of the nine Rotary districts in the Northwest area of North America (and eastern Russia) includes the states of Alaska, Oregon, Washington, parts of Idaho and California, the Canadian province of British Columbia and the Yukon Territory.



Rotary International President Elect Barry Rassin and Jane Little



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Scenes from the 2018 District 5160 Leadership Academy and celebration of the 10th Graduating Class of the Leadership Academy



February 21 – 25: Rotary Mexico Trip

James P. Green, D.D.S.



Jim Green and his son, Rotarian Michael Green, were in Mexico working on a multi-sector project focused on construction, education, literacy, and health.

Jim is also coordinating discussions for a potential cervical cancer project with three Rotary Clubs. He continues to make presentations to Rotary Clubs about HEWRAG's three areas of emphasis: medical missions, oral health and nutrition, and cervical cancer prevention.

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February 24: Presidential Peacebuilding Conference Disease Prevention and Treatment, and Peace Coventry, United Kingdom



Past District Governor Karl Diekman and Sheila Hurst, Ed.D.



Karl Diekman, President Ian Riseley, Sheila Hurst



Karl Diekman, Past RI Director Peter Offer, Sheila Hurst, and John Wahlund - Manager, Disease Prevention and Treatment & Maternal and Child Health Areas of Focus Program and Grants



February 25: Tree Planting Ceremony at Coventry's Memorial Park. President Ian Riseley planted a Chinese Parasol Tree presented by the five Rotary Clubs of Coventry. The tree was grown from a "Seed of Peace" taken from a tree that survived the atomic bombing of Hiroshima, Japan on August 6, 1945.



February 28: Will Files emailing the HEWRAG Newsletter



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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 and Yukon, Canada)
- Sheila Hurst, Co-Chair, Past Assistant District Governor, District 5160 (California, USA)
- Yash Pal Das, Past Rotary International Director, District 3080 (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)
- Miguel A. Martinez Pereyra, Past District Governor, District 4890 (Argentina)
- Jeffery C. Bamford, District Governor Elect, District 9212 (Kenya)
- Will Files, Grants Chair, District 5010 (Alaska, USA and Yukon, Canada)
- Dr. James P. Green, District 5110 (Oregon, USA)
- Karen Kankkunen, District 9630 (Australia)

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)
- Barry Rassin, Rotary International President, 2018-2019, Rotary Club of East Nassau (New Providence, Bahamas)
- 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)
- Bill Gray, Past District Governor, District 7040 (Canada)
- Dr. 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)
- Dr. Rita Kalra, President, Rotary Club of Midtown Chandigarh, District 3080, (India)
- Dr. Sanjay Kalra, Rotary Club of Midtown Chandigarh, District 3080, (India)
- Kathryn Ann Hester, President, Rotary Club of Logan, District 9630 (Australia)
- Bruce Mills, Past President, Rotary Club of Logan, District 9630 (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).

You are encouraged to 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.

Comments and suggestions about HEWRAG and this Newsletter are welcome. With questions or for more information, please write to 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 to a maximum of 3 MB) with captions.

The next issue of this Newsletter will be published in May 2018.

To submit an article about Health Education and/or Wellness for consideration in the February issue, please write to hewrag@gmail.com by April 20, 2018.

To request adding someone to the mailing list, please send contact information including Rotary affiliation and e-mail address to hewrag@gmail.com.

To opt out of receiving this newsletter, please send an email with your contact information to hewrag@gmail.com with "Unsubscribe" in the subject line.

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www.kenyasmiles.org

www.cancer.org

www.cervicalcanceraction.org



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