



Health Education and Wellness Rotarian Action Group (HEWRAG)

Rotarians Working Together To Improve World Health

Volume 1, Issue 2 - May 2015

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

Greetings!

With this publication of our second newsletter, we send a special invitation to all members and friends of the Health Education and Wellness Rotarian Action Group (HEWRAG) who are going to São Paulo, Brazil to participate with us in the following:

HEWRAG Activities at the 2015 Rotary International Convention



BOOTH #306 IN THE HOUSE OF FRIENDSHIP:

June 6-9 Please stop by to say hello and to tell us about your projects and plans. The agenda for the Annual Meeting and membership forms will be available, and we will be prepared to accept payment for annual or life memberships. Also, if you'd like to volunteer for an hour or so to help in the booth, please send an e-mail to rotaryjane@yahoo.com.

BREAKOUT SESSION: MONDAY, JUNE 8, 12:30 – 14:00

PLACE: Palácio das Convenções, Modular Room 1

This will be an interactive session focused on health fairs, health education, and wellness projects and programs.

Attendees will be invited to share ideas and resources. Bring your friends and others who might be interested.

ANNUAL MEETING: MONDAY, JUNE 8, 15:15 – 16:30

PLACE: Holiday Inn Parque Anhembi, Ipê Branco Room

If you have an agenda item you would like considered, please send it to rotaryjane@yahoo.com by Monday, May 25, 2015. The meeting location is about a 15-minute walk from the Convention. Please let us know if you'd like transportation, and we will inquire about possible options.



Table of Contents

- 1. Rotarians Created a Health Fair Movement in Russia**
By James Goddard, President, Denver Rotary Club 31, District 5450
(Colorado, USA) and President/CEO of 9Health Fair, Denver, Colorado, USA
- 2. Kenya Smiles Project Continues to Shine**
By Maureen Valley, DMD, MPH, MS
Kenya Smiles Vocational Training Team Member
- 3. How to Screen a Newborn's Hearing**
By Jean Irwin Hatfield, Former Ambassadorial Scholar to Nottingham, England
from District 5190 (California and Nevada, USA), Teacher of the Deaf
Rotary Club of Folsom, District 5180 (California, USA)
- 4. Mexican Project Safari**
By Laura Day, Past District Governor, District 5160 (California, USA)
Rotary Club of Anderson
- 5. Kenyan Medical Providers Learn About Shaken Baby Syndrome**
By Judy Wolf, President-Elect and Chair of the Child Abuse Prevention Program
Rotary Club of Davis, District 5160 (California, USA)
- 6. The Safe Blood Africa Project Continues to Provide Safe Blood Opportunities in Nigeria**
By Jamison Kaufman, Rotary Club of Monterey Pacific, District 5230
(California, USA)
- 7. AUTISM. A Growing Disability (English version)
AUTISMO. Una Discapacidad Creciente (Spanish version)**
By Miguel A. Martinez Pereyra, Past District Governor, District 4890 (Argentina)
Rotary Club of Montserrat, District 4895 (Argentina)



Rotarians Created a Health Fair Movement in Russia

By James Goddard, President, Denver Rotary Club 31, District 5450
(Colorado, USA) and President/CEO of 9Health Fair, Denver, Colorado USA

Photos of activities in Russia provided by
Past District Governor Steve Yoshida and Rotarian Will Files

Health Fair Centers were established in seventeen Russian cities as a result of the international work of Rotary and the local Rotary Clubs and health fair organizations in Homer, Alaska and Denver, Colorado, USA.

In November of 1999, a group of Rotarians from Yelizovo, Russia accepted an invitation from Rotarian Will Files and Past District Governor Steve Yoshida to see a demonstration of the local health fairs in Homer, Alaska and to consider bringing the idea to Russia. Within two years, there were four more groups from Russia visiting Homer, and Yelizovo had its first health fair attracting more than 1000 participants.

Soon Vladivostok representatives hosted a site for training others to conduct health fairs, and 20 cities attended. They started work to initiate health fairs all over Eastern Russia through the financial assistance of a USAID grant. The Russian government began to embrace the idea of health fairs, and Rotarians fed the fire of excitement.



In April 2005 the Denver Rotary Club and 9Health Fair, headquartered in Denver, hosted the first *World Health Fair Conference* to discuss the initiation of health fair projects in Russia, Mexico, Fiji, Mongolia, and the Philippines, and the theme of “*Prevention is the Intention*” was born. Representatives toured several of the 9Health Fair sites and took the idea back to their countries to consider how to engage local Rotarians to help form health fairs.

Will Files and Steve Yoshida co-chaired the newly formed *World Health Fair – A Rotarian Action Group*, which has now evolved into the Health Education and Wellness Rotarian Action Group (HEWRAG).

Grant Wilkins, Rotary International Director at that time, worked with Steve Yoshida to gain a Rotary International “3-H” grant of \$330,000 to initiate health fairs in Russia, and in 2007 they visited six cities in that region. The next step was to train Russian healthcare leaders to take the idea to their local Rotary Clubs and to begin the process of creating Health Fair Centers. *(continued on the next page)*



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To facilitate the advancement of a Health Fair Conference in Russia in late 2008, the group worked with the Library of Congress Open World Program and Ambassador John Keefe to create a training program in Denver, Colorado.

In Spring of 2008, 30 Russian healthcare professionals and facilitators were hosted by the Rotary Club of Denver, 9Health Fair, and five other Clubs in District 5450. During their 10 days in Denver, they toured a variety of healthcare organizations, health fair sites, and local attractions to get a feel for how to construct partnerships and health fairs.

As a result of U.S. and Russian Rotarians, the Russian government is now promoting health fairs throughout all of their country.

The Russian Health Fair model, including Mobile Health Fairs, has been successfully implemented around the world through Rotary connections and the passion of our HEWRAG.



For more information, please visit 9healthfair.org, the annual host of 130 health fairs in and around the City of Denver, Colorado, USA.



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Kenya Smiles Project Continues to Shine

By Maureen Valley, DMD, MPH, MS
Kenya Smiles Vocational Training Team Member

Photos of Kibera Slum in Nairobi and of Loitokitok District, Kenya by Sheila Hurst

I had the great fortune of being a member of the Kenya Smiles Vocational Training Team (VTT) that went to Kenya in July 2014. Kenya Smiles is a large-scale Global Grant project created by then District 5160 Governor Laura Day and Rotarian Sheila Hurst (Northern Central California, USA) and then District Governor Geeta Manek and Rotarian Jeff Bamford of Kenya, one of the four East Africa countries in District 9212. Its goal is to improve the oral health of children in Kenya.

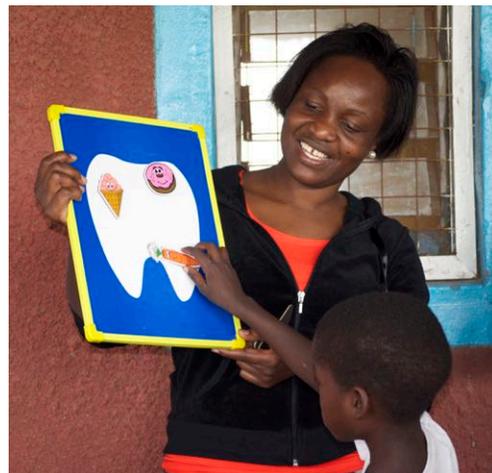
Our American Vocational Training Team of ten dentists, educators, and others collaborated with the Kenya Vocational Training Team of six leading dentists: Kenya's Chief Dentist; the Chair of the Kenya Dental Association; a department chair at the University of Nairobi School of Dental Sciences; the chief dentist at the Aga Khan University Hospital, Nairobi; a public health professor at Kenya Methodist University; and the owner of several rural dental clinics.



Together we visited some of the most poverty-stricken areas of Kenya to teach educators, parents, and students about the basics and importance of oral health and nutrition, topics that are absent in almost all school curricula, local health facilities, and communities in general. The two teams worked side-by-side, presenting lessons on oral health and nutrition and also giving 5000 children Rotary-blue backpacks filled with Colgate toothbrushes, toothpaste, collapsible stainless-steel cups, and educational materials.

Through my experience with the Kenya Smiles program, I learned one of the greatest and most profound lessons of all for someone in the health care profession: prevention through education is of paramount importance and is the cornerstone for creating sustainable oral health programs in developing countries.

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In a country of 43 million people with fewer than 1,000 licensed dentists who are mainly concentrated in the urban areas, knowledge about oral health and dental services is nearly nonexistent in most of the country. And it is highly unlikely that this will change anytime in the near future, especially since oral health problems are aggravated by factors such as illiteracy, unsafe water, malnutrition, disease, and inaccessibility to care.

The experience I had as a member of the Kenya Smiles Team was so powerful that I returned to Kenya twice in the following year, and I have another self-initiated trip planned in July 2015. With the help of Samson Saigilu, a public health official in Kaijado County, who is also a local volunteer for Kenya Smiles, our goal is to integrate oral health and nutrition education into a comprehensive public health program in local



schools and community health clinics in southern Kenya using the model and educational materials created by the Kenya Smiles project. Sustainability through education... a concept taught to me by Rotary, and one that we feel will truly be the answer for future good oral health in Kenya.

For more information about the Kenya Smiles Vocational Training Team activities, please contact maureenvalley@gmail.com

How to Screen a Newborn's Hearing

By Jean Irwin Hatfield

Former Ambassadorial Scholar to Nottingham, England from District 5190
(California and Nevada, USA), Teacher of the Deaf
Rotary Club of Folsom, District 5180 (California, USA)

Photos of the nurse assistant holding the portable OAE, using the OAE test in the USA on a 12-hour-old infant, and solar ear hearing aids (providing sustainability with solar powered batteries) provided by Jean Irwin Hatfield

When I've talked about Newborn Hearing Screening (NBHS), I sometimes get asked, "How does the newborn know how to raise his hand when he hears the sound?" With a simple Oto Acoustic Emission test (OAE), a probe is placed in the ear of the newborn. A sound is introduced, and then the probe reads noise that functioning ears make when sound is properly passed along. If a baby is deaf, that noise is absent. The test takes 10 minutes.

Due to OAE's low cost and ease of test administration, it's within reach for developing countries. It is, of course, education that matters most. *(continued on the next page)*



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Rotarian Action Group



If a child is found to be deaf at birth, the critical years of language development at ages 0 to 2 can be preserved. After the age of 2, the language in which the deaf child will communicate, but more importantly - in which he or she will *think* - is severely damaged. Without NBHS, parents often don't know their babies are deaf until the 2nd year is approached or even passed.

Many don't know the brain works like this. I often wish deafness came with a birthmark that says, "I can't hear you," but the OAE is close. We can prevent most of the effects of deafness with early identification, then intervention in the form of hearing aids and Sign.

Rotarians for Hearing, a group headed by Rotarian Ellen Haggerty, pulled together a grant with District 5180 of California, USA, and District 4510 of São Paulo, Brazil. The grant brought low-cost hearing aids that had solar powered batteries (the cost of batteries is often what is prohibitive about hearing aid usage amongst the poor) to 200 low-income individuals.

The lead of the project, Luiz Begosso of the Candido Mota and Assis Club, also arranged for a workshop to be held for Speech Therapists and Teachers of the Deaf about best practices in addressing deafness, and he invited me to participate. More than 50 people attended the workshop. When I passed along what I've learned researching deafness, what astounded the group the most? The OAE. The room went quiet when a video of the test was shown - no baby having to raise her hand.



For leaders in Rotary like Luiz, hearing health is extended beyond the equipment needed by those already deaf. He equipped experts to get ready for children not yet born. Sound practice.

For more information about early hearing detection and intervention, please visit <http://www.asha.org/advocacy/federal/ehdi/> and <http://www.asha.org/public/hearing/Otoacoustic-Emissions/>



Mexican Project Safari

By Past District Governor Laura Day, District 5160 (California, USA)
Rotary Club of Anderson

With input and photos from Rotary International Director Elect Brad Howard,
District 5160 Governor Pam Gray, and Neville Guard of San Ramon Valley Rotary

Every seat on the bus was full - 42 Rotarians, family, and friends from Northern California, Texas, and Canada. We arrived excited about the days that lay ahead. And exciting they were. We were greeted by several of the dedicated Rotarians from the many Rotary Clubs in Monterrey, Mexico, District 4130. And that was just the beginning of the local Rotarian hospitality.

The night we arrived we joined local Rotarians and their partners for dinner at the hotel where they carefully arranged the seating so we would have the chance to meet our



hosts. Then it was early to bed, because the next 3 days promised to be non-stop activity. We toured the city of Monterrey including a riverboat ride, attended the Rotary meeting of the Santa Catarina Club, and then in small groups we visited local Rotary projects. One of those tours was of the Red Cross medical facility that boasts a plaque from 2002 with the names of numerous contributing Rotary club partners. The clinic continues to function very successfully.

That evening we enjoyed dinner with our hosts in their homes or at a Rotarian-owned restaurant where we learned more about projects in the planning stages.

Day 3 was a hands-on workday. We were offered a choice of projects: deliver books to the library, plant trees at the school, install equipment in an autism refuge, or build a pre-fab home in the impoverished area of Garcia. All involved were motivated by the opportunity to roll up our sleeves and make a difference.

The morning of Day 4 we donned our white Rotary polo shirts and got to work. Joined by hundreds of local Rotarians, Interactors, Rotaractors and community volunteers, we opened boxes and assembled, fitted, and delivered more than 350 wheelchairs. It was another great day of feeling inspired by the power of Rotary. *(continued on the next page)*



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Since 2004, Rotarians from Districts 5160 and 5170 have worked with Rotarians in Monterrey, Mexico to create something special - a lifetime of friendships, an opportunity to work side-by-side on community service projects, and the ability personally to deliver wheelchairs to those who lack mobility.



This year's trip was, once again, full of enduring memories, emotions, and opportunities to partner on worthwhile humanitarian projects.

For more information about the 2015 trip, please contact pam@rotary5160.org.

For information about future Rotary trips to Monterrey, Mexico, please visit www.howardtours.net/

Kenyan Medical Providers Learn About Shaken Baby Syndrome

**By Judy Wolf, President-Elect and Chair of the Child Abuse Prevention Program
Rotary Club of Davis, District 5160 (California, USA)**

Photos of Dr. Angela Rosas and Kalyca Seabrook teaching at Kisumu District Hospital and of Dr. Rosas and Judy Wolf presenting a Shaken Baby Simulator Doll to the Nurse Matron at Nairobi Hospital provided by Judy Wolf

A Kenyan physician is trying to care for a lifeless infant who, according to the parent, accidentally fell onto the floor. If this physician had been adequately trained to recognize the unique set of diagnostic clues of abusive head trauma or Shaken Baby Syndrome (SBS), he would have known that this baby had been shaken.

SBS is one of the world's least recognized types of child abuse. In the United States, physicians are typically trained to recognize SBS, although there is a continued effort to achieve national awareness of SBS throughout the medical profession as well as within our society.

A 2010 national survey sponsored by UNICEF on violence against children in Kenya revealed that 66% of girls and 73% of boys reported physical abuse by age 18. Also, 53,000 children die from neglect or abuse each year in the world. The shaking of young children is a surprisingly common act in a wide variety of countries and cultures.

As chair of the Rotary Club of Davis's Child Abuse Prevention Program, I was contacted by Vickie Winkler, R.N., Executive Director of Health Education Africa Resource Team (HEART) based in Nairobi, Kenya who is also a member of the Rotary Club of Nairobi.
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Rotary

Health Education and Wellness
Rotarian Action Group

She requested that a team of child abuse experts come to Kenya to do training on SBS diagnosis and prevention in hospitals and university schools of medicine.

The Rotary Club of Davis applied for a Rotary International Vocational Training Team Global Grant for funds to send a five-member team to Kenya to teach physicians, medical students, and nurses how to identify SBS. The grant for \$49,750 was approved, and the team left for Kenya on April 6, 2013.



The team visited nine hospitals and three schools of medicine in Nairobi, Eldoret, Kisii, and Mombasa.

Presentations were given to more than twelve hundreds medical providers, students, and nurses. When participants were asked if they had ever heard of SBS, only a few hands went up. However, the majority had unknowingly seen the classic symptoms of SBS including subdural hematoma, retinal hemorrhages, brain swelling, and rib fractures.



Following each training session, a Shaken Baby Simulator Doll and a SBS training CD-Rohm were donated to the host institution for continued teaching purposes.

A monitoring and evaluation study was completed with eight out of nine institutions that have included the training materials in their curriculum, with one more soon to follow. The program has been a great success!

For more information about this project and how to help prevent Shaken Baby Syndrome, please contact Judy Wolf, judy6789@sbcglobal.net.

Editor's note: If you'll be at the Rotary International Convention in São Paulo, please stop by the Health Education and Wellness Rotarian Action Group Booth #306 in the House of Friendship to learn more about Shaken Baby Syndrome and to see the Shaken Baby Simulator.



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The Safe Blood Africa Project Continues to Provide Safe Blood Opportunities in Nigeria

By Jamison Kaufman, Rotary Club of Monterey Pacific
District 5230 (California, USA)

Photos © Chris Kaufman
SBA logo © Jamison Kaufman

Our vision is to enable African health professionals to save millions of lives each year in Africa by assisting in establishing and sustaining community-based volunteer blood donor programs, served by blood storage facilities donated by The Safe Blood Africa Project (SBA) to local hospitals in communities throughout Africa.



BLOOD BANKS

The Safe Blood Africa Project started in 2004 as an International project for the Rotary Club of Carmel Valley, District 5230. In April 2004 Rotarian Warren Kaufman went and dedicated the first Rotary blood bank and a generator at the University of Uyo Teaching Hospital with an idea to help the Nigerian doctors keep and store safe blood.



Many U.S. and International Rotary Clubs have partnered with Nigerian Rotary Clubs to donate Blood Banks to carefully screened and vetted publicly owned Nigerian community Hospitals.

Each blood storage facility provided by The Safe Blood Africa Project, when combined with an active voluntary blood donation program, creates the possibility for hospital health professionals to save as many as 800 lives each year.

Currently, because of many Rotary grants, Club donations, and generous donors, there are now 22 blood banks in hospitals in all 3 Rotary Districts (9110, 9140, and 9125) in Nigeria.
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BLOOD MOBILES

We have since been collaborating with successful Blood Banking trade groups in the U.S. and Canada to work in close accord with the Nigerian Federal Minister of Health, the National Blood Transfusion Service, and Nigerian professional hematology organizations to expand the availability of safe blood in Nigeria. In an attempt to employ a comprehensive change management technology to support the requisite cultural changes, Nigerian hematologists have now been trained in the United States.



The first blood mobile was successfully delivered to the University of Uyo Teaching Hospital (UUTH) on March 24, 2015. This is the first blood mobile in Nigeria. It arrived with blood equipment donated by BloodSource Blood Bank in Sacramento, California.

For more information, please contact Warren Kaufman at warren@renovations.net and visit <http://www.safebloodafrica.org/>

AUTISM. A Growing Disability

**By Miguel A. Martinez Pereyra, Past District Governor, District 4890
Rotary Club of Montserrat District 4895 (Argentina)**

Photos of a Strategic Alliance meeting, a child using his tablet, and one screen view provided by Miguel A. Martinez Pereyra

As a member of Montserrat Rotary Club, District 4895, Buenos Aires, Argentina for 26 years and as new member of HEWRAG, I am proud to share with you the AUTISM project that we have been developing since 2012.

The goal was to work for the benefit of thousands of children with this disability and their families. We conducted a Strategic Alliance with APAdA (Argentina Association of Parents of Autistic), with CESSI (Software Argentina Chamber), and with the IT Technological Chamber of Buenos Aires.

Through this agreement, we implement applications to be used by autistic children on their tablets, as part of a project on disabilities supported by the Argentine government. Our focus was to improve children's quality of life, motor abilities, and intellectual development. The idea is to share this project with other Rotary clubs worldwide and to boost awareness about autism. *(continued on the next page)*



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AUTISMO. Una Discapacidad Creciente

Como socio desde hace 26 años del RC de Montserrat del D 4895 Buenos Aires, Argentina y reciente miembro del HEWRAG, me enorgullece compartir con ustedes el proyecto sobre AUTISMO que venimos desarrollando desde 2012.

El mismo consiste en trabajar en beneficio de miles de niños con esta discapacidad y sus familias. Realizamos una Alianza Estrategica con APADEA (Asociacion Argentina de Padres Autistas), con CESSI (Camara Argentina de Software) y con IT Polo Tecnologico de Buenos Aires.

A través de este convenio implementamos aplicativos para tablets, utilizados por niños Autistas en el marco de un proyecto sobre Discapacidades apoyado por el Gobierno Argentino. Mejoramos sus calidades de vida y desarrollos motrices e intelectuales. Nuestra idea es compartir este proyecto con otros clubes rotarios del mundo y potenciar la conciencia sobre Autismo.

El RC de Montserrat apoyo a través de una Subvencion Distrital de LFR, el Congreso Autista Sudamericano que realizo APADEA en Octubre 2014 en Buenos Aires. Dos funcionarios de esa organizacion son socios de nuestro club, tambien el gerente del IT Polo Tecnologico y otros miembros del club y del Rotaract Montserrat- UAI (Universidad), integran el Comité.

APADEA es una Asociacion Civil sin fines de lucro, con delegaciones en Argentina desde 1994 y su misión es mejorar la calidad de vida de las personas con autismo y sus familias, con equipos técnicos y servicios como Evaluaciones, Tratamiento Cognitivo Conductual domiciliario, Integración Escolar, Capacitacion, Investigación, Docencia, Desarrollo Profesional, Organización de Talleres, Congresos, Campañas lúdicas para niños, Atención y contención de padres y familias y Servicio Legal gratuito, entre otros.

Nuestra idea como rotarios es continuar fortaleciendo las acciones de servicio en apoyo del AUTISMO creciente a nivel mundial y como proyectos futuros tenemos: Lograr una Vivienda para jóvenes y adultos, pensando en la etapa posterior a la vida terrenal de sus padres, Crear un Taller de Arte, Formar y Capacitar a padres y un Proyecto Academico de Producción Editorial, entre otros.

Colaborando con HEWRAG, vamos a difundir los logros y nuevos proyectos en la Casa de la Amistad stand en la Convención de Rotary International en San Paulo. Invitamos a los amigos rotarios de todo el mundo a que nos visite, para intercambiar información, compartir experiencias, y para pensar juntos de las posibilidades futuras para mejorar la salud, la educación y el bienestar.

Para obtener más información, puede escribir a Miguel A. Martínez Pereyra, mpconsu@fibertel.com.ar



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Special appreciation for the HEWRAG Graphic Design is extended to
Pat Sagan * Creative Business Solutions * patricia.sagan@sbcglobal.net

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www.rotary.org

www.rotary.org/actiongroups

www.rotary.org/fellowships

www.hewrag.org

www.kenyasmiles.org

www.9healthfair.org

With questions or for more information, please write

hewrag@gmail.com

Comments about and suggestions for this newsletter are welcome.

The next issue will be published in September 2015.

To submit an article about Health Education and/or Wellness for consideration in that issue, please write to hewrag@gmail.com by August 15, 2015.



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