



Health Education and Wellness Rotarian Action Group (HEWRAG)

Rotarians Working Together To Improve World Health

Volume 3, Issue 3 – September 2017

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

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

Greetings!

During the 2016-17 Rotary year, HEWRAG members around the world showed their commitment to the theme of President John F. Germ, *Rotary Serving Humanity*, through their programs, projects, and events. Some of these activities were highlighted in June at the Rotary International Convention in Atlanta.

The Annual General Meeting featured reports and updates about HEWRAG's activities in 1) Medical/Dental Missions and Health Fairs, 2) Oral Health and Nutrition, and 3) Cervical Cancer Prevention as well as affiliated programs. Team members who went to Zambia, China, and Nigeria in the Spring of 2017 made presentations; representatives from Argentina who are focused on Autism and from Davis, California who are focused on child abuse described their work. HEWRAG's collaboration on an oral health and nutrition campaign and on cervical cancer prevention plans in Nigeria were described, and administrative updates were provided.

In the **Oral Health and Nutrition Special Session**, HEWRAG leaders explained the six components of Kenya Smiles, a Global Grant Humanitarian and Vocational Training Team (VTT) project. The model has now been used extensively throughout Kenya and has subsequently been presented and modified for use in China, Myanmar, Zambia, Nigeria, Ethiopia, and Tanzania. Materials and supplies were demonstrated, fund-raising and financing strategies were shared, and grant details were offered. More information is on hewrag.org/links under the Oral Health and Nutrition heading.

The **Cervical Cancer Prevention Special Session**, provided information about causes, conditions, challenges, strategies, training, funding, and financing possibilities for Cervical Cancer Prevention Projects in a variety of communities and settings. While the particular focus was on Nigeria and Zambia, the presentation was designed to be relevant to all interested Rotarians and attendees from every district, country, and club.

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In the House of Friendship, HEWRAG members from many districts staffed the Booth and shared information about projects and participation opportunities, distributed print information, accepted membership applications, demonstrated educational materials and supplies, and offered references and information about support and resources in our areas of emphasis. The American Cancer Society and HEWRAG have been collaborating on cervical cancer prevention for the past several years, and we shared information about each other's work, resources, and activities in our respective Booths. A very large photo from the Kenya Smiles project was printed on the Giving For Good panel in The Rotary Foundation *Doing Good in the World* Exhibit.



Members Kathryn Hester (Australia) and Ricardo Sandaña (Argentina) helped at the HEWRAG Booth in the House of Friendship.



A HEWRAG photo was included in the *Doing Good in the World* Exhibit.

Now in 2017-18, HEWRAG is dedicated to meeting the challenge of RI President Ian H.S. Riseley's theme: *Rotary: Making a Difference*. Some examples of that dedication are described in this Newsletter, and additional noteworthy information will be included in the February 2018 edition.

Perhaps you would 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.

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 Power of Partnership: The American Cancer Society and HEWRAG working together to end cervical cancer

Kristen Solt
American Cancer Society Strategic Director
Global Cancer Control

Cervical Cancer Campaign in District 9142, Nigeria

Chinelo Ude Akpeh
Rotary Club of Onitsha East
District 9142, Nigeria

Oral Health Promotion Campaign, District 9142, Nigeria "Healthy Teeth Nigeria"

Aniekan Ben Assam
President Elect, Rotary Club of Calabar-Tinapa
Cross River State Coordinator, Oral Health Campaign
District 9142, Nigeria

Autism: Technology and Inclusion (English version) Autismo: Tecnología e Inclusión (Spanish version)

Ricardo Saldaña
Rotary Club of Montserrat
District 4895, Buenos Aires, Argentina
Treasurer in APAdeA (Argentine Association of Autistic's Parents)

Building Cervical Cancer Prevention Services in Senegal

Andrew Dykens, MD, MPH
Rotary Club of Chicago
District 6450, USA
Returned Peace Corps Volunteer (Mauritania '97 to '99)

Rotarian's Solo Flight Around the World Raises Funds for Rotary Hospital in Ambala, India

Yash Pal Das
Rotary International Director 2011-2013
Rotary Club of Ambala, District 3080, India



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The Power of Partnership: The American Cancer Society and HEWRAG working together to end cervical cancer

Kristen Solt

American Cancer Society Strategic Director
Global Cancer Control

At the American Cancer Society (ACS), we believe that WHERE you live shouldn't determine IF you live. For more than a century, the ACS has been a leader in efforts to save lives, celebrate lives, and lead the fight for a world without cancer. That is why the ACS is joining forces with HEWRAG to address a problem that is solvable – cervical cancer.

Cervical cancer is the most common cancer in 38 low- and middle-income countries and is robbing families and societies of mothers and caretakers, as well as some of their most economically productive citizens and leaders. In 2012, more than 256,000 women died from this disease...and of those deaths, 90% of the women lived in sub-Saharan Africa, Asia, and Latin America.

Cervical cancer is preventable and treatable. Because nearly all cervical cancers are caused by infection with the human papillomavirus (HPV), giving the HPV vaccination can safely and effectively prevent most cervical/HPV cancers. The American Cancer Society believes that nothing in the global health space is more attainable than the prevention of cervical/HPV cancers through administration of the HPV vaccine. HPV vaccines are proved to be safe, effective and affordable- an estimated \$13 USD a dose.

We must act now.

HEWRAG continues to lead the charge against cervical cancer in its work around the world, and the American Cancer Society is proud to partner with HEWRAG as a priority initiative for the Society. At the recent Rotary International Convention, our booth at the House of Friendship truly turned into a “house” of friendship as Rotarians from around the world stopped by to share their involvement with us and learn about ACS’ work in global cancer control and our heightened focus to eliminate HPV-related cancers worldwide. At our booth, we shared flyers from HEWRAG, handed out information about cervical cancer prevention and forged new friendships with Rotarians guiding their countries’ fight against cancer.



Kristen Solt and Joni Hart, ACS staff and President of the Rotary Club of Western Fort Worth, Texas, District 5790 at the ACS Booth in Atlanta.

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I was also proud to participate in the HEWRAG Cervical Cancer Special Session and the HEWRAG Annual General Meeting discussing cervical cancer prevention and the American Cancer Society's commitment to addressing this important issue worldwide.



Kristen Solt and HEWRAG members Dr. Rita Kalra, Chinelo Ude Akpeh, and Dr. Sanjay Kalra at the HEWRAG Cervical Cancer Special Session at the International Convention in Atlanta.

Here is what you need to know about the HPV vaccine:

- Don't wait. If your child, age 9-13 hasn't been vaccinated, vaccinate.
- It is for girls *and* boys.
- It *is* cancer prevention.
- It is safe.

So, what can Rotarians, together with the ACS, do to lead this charge? Join with HEWRAG in working with the ACS to inform and guide this HPV/cervical cancer campaign worldwide. The ACS recognizes that only Rotary International can claim elimination of a disease in polio – we want to translate that success to eliminating cervical cancer in a generation.



The American Cancer Society encourages Rotarians interested in partnering on a global HPV campaign to contact us at ACSandRotary@cancer.org. Together, our collective voices – and our strength as leaders and conveners – can bring the power needed to decisively end cervical cancer worldwide.



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Cervical Cancer Campaign in District 9142, Nigeria

Chinelo Ude Akpeh

Rotary Club of Onitsha East, District 9142

The month of August in South East Nigeria avails women the opportunity to converge under the aegis of church or community associations to discuss issues of common interest and to chart a new course. Many use the forum for fund raising for various development projects and for their personal wellbeing, to the extent of settling disputes.

This special forum holds in August because schools are on vacation, and the rainy season retards business. So, many women find it easier to excuse themselves from schools where they teach or to get permission from their offices, and for their children, there would not be a school run or extra attention.

The 2017 August meeting became extra special to some communities that had the opportunity of receiving talks on cervical cancer. Because there are many communities to cover in just one month, because I was not able to sponsor a lot of persons to assist with delivering the message, I produced the message in an audio form in the English language. I got it translated into pidgin and with the assistance of some friends, I got it in 6 other local languages. With the help of some leaders of women's social and religious groups, and of course, the social media, I was able to spread the information.



In August 2017, women learned about cervical cancer at forums in South East Nigeria.



It was interesting to observe the keenness with which the women listened to the message and the critical questions they asked. The groups visited demonstrated eagerness to learn about the cervical cancer screening and prevention.

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Some of the women explained that some cultural factors would pose impediments to their being screened or vaccinated because their husbands would resist such a practice. I assured them that through advocacy, media campaigns, and government involvement, there will be better understanding. The use of electronic gadgets and social media platforms were very effective for broadcasting the message.

Women of Umuoji in Idemili South LGA of Anambra State coined a song for the program indicating their gratitude to Rotary and Rotarians for their thoughtfulness.

The Song goes thus:

*Ndi anyi na-eso di mma
Rotary club di mma
Ezi amuma nke ha nwere ga-edozi ndi inyom
Chukwu gozie Rotary*

Meaning:

*The people we're following are good
Rotary club is good
Their good program will change the plight of women
God bless Rotary.*



Chinelo Ude Akpeh with the women of Umuoba Anam South LGA of Anambra State who coined a song.

For more information, please write to neloudeakpeh@yahoo.com or visit <http://www.rid9142n.org> and <https://www.facebook.com/RotaryDistrict9142/>

Editor's Note: HEWRAG representatives were honored to be invited to speak about cervical cancer prevention at the District 9140 Conference in Calabar, Nigeria in May 2017. At the HEWRAG Special Session on Cervical Cancer Prevention at the Atlanta Convention, Chinelo Ude Akpeh described her plans to participate in the Women's Forum in August.

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Oral Health Promotion Campaign, District 9142, Nigeria "Healthy Teeth Nigeria"

Aniekan Ben Assam, President Elect, RC Calabar-Tinapa
Cross River State Coordinator, Oral Health Campaign, RD 9142

Exactly 2000 GMT on Saturday September 9, 2017 in Awka, Nigeria, a group of volunteers representing sixty-six (66) clubs in Rotary District 9142 took Action and assembled in Making a Difference by flagging off the Oral Health Promotion Campaign in Nigeria which will run with the support of the Health Education & Wellness Rotarian Action Group (HEWRAG).

The convener, Pioneer District Governor RD9142, Dr. Emman Ude Akpeh, reviewed the presentation made by PADG Sheila Hurst at the District Conference 2017, in Calabar, Nigeria as a guide and charged the coordinating committee members to lead a sustainable campaign to create awareness of improving Oral Health in Children.

State coordinators were mandated to draw up a plan on creating awareness, documentation (data/statistics), and benefits and gains of promoting good Oral Health. The training materials provided by HEWRAG were distributed to the seven state coordinators.

The following Rotarians were present at the inaugural meeting;

Epundu Nonso - District Executive Secretary, RC Nnewi
Onyia J. O. T. - District Chair Intl Service, RC Enugu Independent Layout
Tochi Amalu - District Secretariat Assistant, RC Awka-Smithtown
Chijioke Ufondu - District Chair Special projects, RC Enugu GRA
Madu Stanley- State Coordinator Abia, RC Ezima Sunrise
Mercy R. Edet - State Coordinator Akwa Ibom, RC Uyo
Egbuniwe Michel Chiedu - State Coordinator Anambra, RC Nnewi
Aniekan B. Assam - State Coordinator Cross River, RC Calabar-Tinapa
Ashiru Nelly Atim - State Coordinator Ebonyi, RC Afikpo
Stephanie Onwubuche - State Coordinator Enugu, RC Enugu Municipal
Chijioke Obinna - State Coordinator Imo, RC Owerri Metropolitan

We unanimously adopted "Healthy Teeth Nigeria" as our campaign keyword, and "Promoting Oral Health for Nigerian Children" as our keynote.

Resolutions reached are:

1. Develop a road map for all our states.
 2. Get data/statistics of number of schools, pupils/students, and public health centres (Rural/Urban) from Director of SUBEB and Public Health respectively.
 3. Engage Rotary stakeholders viz, Rotary Community Corps and Rotaractors.
 4. Generate goodwill adequate to provide toothpaste and toothbrushes for the exercise.
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5. Form a committee at the state level by engaging Rotarians and Rotaractors.
6. The District Executive Secretary was mandated to do a letter within 24 hours introducing The Oral Health Team to AGs, Presidents, and Secretaries.
7. Take Action photographs.
8. 27th September was agreed for all coordinators to create awareness simultaneously in their various States.
9. Each State Coordinator to send a picture of a smiling pupil with due permission/approval of parents/guardians.
10. District to produce kit bags with the inscription "Back to School with Confidence" as soon as there is adequate funding.
11. State Coordinators to send out letters of proposal to schools and prospective donors.
12. Get your reportage accurate and on point.
13. Uniformity in fliers and shirts across the district.
14. Design a workable template for the banners.
15. The 'Back to School with Confidence' programme shall take place immediately (before end of September 2017) in one pilot school in each of the Seven States and will involve Distribution of Toothpaste and Toothbrushes to the primary School Kids. The Action District Governor, Rotary District 9142 Dr. Emman Ude AKPEH, has made available about the equivalent of \$500 for the project, with N25,000 (approximately \$72) for each of the seven states.

For more information, please contact dg9142n@gmail.com
Or visit www.Facebook.com/RotaryDistrict9142



DG Emman Ude Akpeh Convened The Oral Health Promotion Campaign Coordinating Committee at its Inaugural Meeting September 9, 2017.



Editor's Note: The Oral Health curriculum and details about supplies and materials used in this project are online at www.hewrag.org/links under the Oral Health and Nutrition heading.

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Autism: Technology and Inclusion (English version)

Ricardo Saldaña

Rotary Club of Montserrat, District 4895, Buenos Aires, Argentina

Treasurer in APAdA (Argentine Association of Autistic's Parents)

Mobile apps developed to help kids with autism to build up their learning, sensory, and fine motor skills, have proven to be a necessity in our digital era; with the advent of smart devices, a whole new world has opened up.

As a member of Montserrat Rotary Club, District 4895, Buenos Aires, Argentina, and as a member of the Executive Committee of APAdA (Argentine Association of Autistic's Parents), I am proud to share with you the latest achievements within the framework of the Strategic Alliance we are running, currently in its second stage, focused on improvement of autistic children's quality of life, motor abilities, and intellectual development.

Specifically, the project aims to develop applications with particular characteristics that transform them into "Inclusive Apps". They are designed for use by children, young people, and even adults. They understand different objectives and stimulate diverse cognitive skills, such as executive functions, memory, attention, language, reading and writing, spatial-temporal orientation, and psychomotor skills. They can be used individually or in groups within the classroom, in a therapeutic space, outside of school, and also at home.

On August 13th we presented the first three apps our team developed under the Project, whose main features are:

TEAYUDAMOS: focus on planning and anticipating life events. The app allows creating fully customizable social scripts, using real images.

HABILMENTE: focus on brain skill capabilities. The app allows training in theory of mind and its precursory skills.

COMUNICADOR: focus on speeding up the communicative exchange. The app allows replacing the pictograms for cell phone pictures, leveraging personalized images, and detailed statistics of use.

The apps are free, open source, and - at this stage - in Spanish language. They were developed in partnership with Proyecto DANE and with the cooperation of Globant, Belatrix, and Argentine Public Technological University.

Apps are available in the Google Play and/or on this link: www.apadea.org.ar/iTEA

For more information, please write to ricardo.saldana@apadea.org.ar



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Autismo: Tecnología e Inclusión (Spanish version)

Las aplicaciones móviles desarrolladas para ayudar a los niños con autismo a fortalecer sus habilidades sensoriales, sociales, de aprendizaje y motricidad fina, han probado ser una necesidad en esta era digital; con la aparición de los dispositivos inteligentes, se ha abierto un mundo absolutamente nuevo.

Como miembro del Rotary Club Montserrat, Distrito 4895, Buenos Aires, Argentina, y como miembro del Comité Ejecutivo de APAdA (Asociación Argentina de Padres de Autistas), tengo el agrado de compartir con ustedes los últimos logros alcanzados en el marco del segundo tramo de la Alianza Estratégica en curso, focalizada en mejorar la calidad de vida, las habilidades motoras y el desarrollo intelectual de los niños con autismo.

Específicamente, el proyecto apunta a desarrollar aplicaciones con características particulares que las conviertan en "Aplicaciones Inclusivas". Están diseñadas para su uso por niños, jóvenes, e incluso adultos. Comprenden diferentes objetivos y estimulan diversas habilidades cognitivas, tales como funciones ejecutivas, memoria, atención, lenguaje, lectoescritura, orientación espaciotemporal y habilidades psicomotrices. Pueden ser utilizadas individualmente o en grupo dentro del aula o en un espacio terapéutico fuera de la escuela, así como en el hogar.

El 13 de agosto último presentamos las primeras tres aplicaciones desarrolladas por nuestro equipo en el marco del Proyecto, cuyas principales características son:

TEAYUDAMOS: foco en planear y secuenciar actividades de la vida diaria. La aplicación permite crear scripts sociales personalizados, usando imágenes reales.

HABILMENTE: foco en habilidades mentalistas. La aplicación permite el entrenamiento en Teoría de la mente y sus habilidades precursoras.

COMUNICADOR: foco en agilizar el intercambio comunicativo. La aplicación permite reemplazar los pictogramas por fotografías personalizadas tomadas y almacenadas en el teléfono celular y obtener estadísticas detalladas de uso.

Las aplicaciones son de uso gratuito y de código abierto, y están definidas -en esta etapa- en idioma español. Fueron desarrolladas en colaboración con Proyecto DANE, con la cooperación de las empresas Globant y Belatrix, así como de la Universidad Tecnológica Nacional Argentina y están disponibles en Google Play y/o en el link www.apadea.org.ar/iTEA.

Para más información, escriba a ricardo.saldana@apadea.org.ar



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APAdA (Argentine Association of Parents of Autistics) is a civil non-profit organization born in 1994, with headquarters in the City of Buenos Aires and 20 representations throughout the country. Its mission is to improve the quality of life of people with autism and their families, nucleating them, containing them, orienting them and advising them on their life projects.

<http://apadea.org.ar>

APAdA (Asociación Argentina de Padres de Autistas) es una entidad civil sin fines de lucro nacida en 1994, con Sede en la Ciudad de Buenos Aires y 20 representaciones a lo largo de todo el país. Tiene como Misión mejorar la calidad de vida de las personas con autismo y de sus familias, nucleándolos, conteniéndolos, orientándolos y asesorándolos en sus proyectos de vida.



Horacio Ioffre Galibert, Honorary President of APAdA



HEWRAG Board Member PDG Miguel Martinez Pereyra (center), Horacio Mollo, Orlando Calabrese, Horacio Joffre Galibert, Jorge del Hoyo, and Ricardo Sandaña of Rotary Montserrat and APAdA

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Building Cervical Cancer Prevention Services in Senegal

Andrew Dykens, MD, MPH
Rotary Club of Chicago, District 6450, USA
Returned Peace Corps Volunteer (Mauritania '97 to '99)

Globally, there are over a half a million new cases of cervical cancer every year, with nearly 85% of these cases in developing nations. Senegal has a cervical cancer incidence rate of 41.4 (15th in the world and over five times greater than that of the U.S.). The large majority of rural Senegalese women currently have no access to cervical cancer screening. A formal partnership, with a leading voice from Senegal's Ministry of Health and Social Affairs, is committed to improving community access to quality cervical cancer screening services in Senegal. In 2010, the partnership developed a pilot project to implement cervical cancer prevention services in one Southeastern Senegal region, with an emphasis on service capacity building and regional health system policy implementation. Regional officials determined that Visual Inspection of the Cervix with Acetic Acid was a safe and cost-effective approach for cervical cancer screening appropriate for this region.

This project seeks to respond to challenges of sustainability by strengthening the existing health service and to begin facilitating the advancement of the screening service to neighboring regions. Together with the National Ministry of Health and Social Affairs, the partnership is proposing, through a Rotary Global Grant, to establish a permanent and centralized cervical cancer prevention center of training excellence in rural Senegal to implement and reinforce human clinical and administrative capacity by strengthening regional knowledge, skills, and resources. Accomplishing this goal will facilitate strengthening the health infrastructure, regional clinical capacity and quality oversight for existing rural cervical cancer screening programs in Tambacounda and Kedougou, Senegal by training clinical and administrative personnel. We will also focus on educating communities and empowering women (women aged 30-59) to access and use the screening service (18,305 target-age women in Kedougou and 85,658 in Tambacounda) to reduce the incidence of cervical cancer.

In addition to the partnership's focus on community-level engagement and impact, we are collectively very proud of how our partnership functions. We are able to illustrate the power of linking Rotary with the US Peace Corps (a formal global partnership since 2004) and academic centers to engage and empower communities. Our partnership and project continues to remain very flexible in responding to the context and priorities of the communities where we operate. In addition, given that high quality cervical cancer screening depends on access to responsive primary health care, the concept of screening should not be seen as simply a test, but, more so, a system. Our partnership is dedicated to the comprehensive strengthening of primary health care operations in order to sustain this health service and ensure enduring impact.

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Collaborating Organizations

- Rotary Clubs:
 - Host Sponsor: Club Almadies (*Dakar, Senegal*) - Dr. Manuel Pina, contact
 - International Sponsor: Chicago-Rotary/ONE - Dr. Andrew Dykens, contact
- AssociationPREVENIR (*Dakar, Senegal*) - Dr. Abdoul Aziz Kasse
- U.S. Peace Corps Senegal (15 Volunteers, 2 Masters International Volunteers, and a 3rd year Volunteer)
- Senegal National Ministry of Health and Social Affairs, Dakar, Senegal
- University of Illinois at Chicago Center for Global Health, IL, USA
- Peace Care, Chicago-based 501(c)(3) nonprofit organization

We are continuing to seek clubs who wish to partner on this effort. If you would like to request additional information or explore collaboration, please contact Andrew Dykens at aldiouma@gmail.com



A Senegalese woman in the market. Women aged 45 to 60 are at the greatest risk for cervical cancer in Senegal and are the least likely to seek screening services. This is a primary focus of our educational efforts.



Fatoumata Traore (left), the Lead Regional Midwife, discusses the cervical cancer screening technique with Paulette Grey (right), Resident Physician at the University of Illinois at Chicago



Andrew Dykens (center left) meets with Dr. Elhadji Dioukhane (far Left) and Peace Corps Volunteers Tess Komarke (right of Dykens) and Nicole Aspros (far right)



Elle Dejesus, left - MPH candidate at the University of Illinois at Chicago and current Peace Corps Volunteer in Kedougou, Senegal, sharing a proud moment as volunteers with Carmen Dibaya, Peace Corps Volunteer in Salemata, Senegal.

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Rotarian's Solo Flight Around the World Raises Funds for Rotary Hospital in Ambala, India

Yash Pal Das, Rotary International Director 2011-2013
Rotary Club of Ambala, India, District 3080

A retired entrepreneur and a Rotarian from the Rotary Club of Buffalo, New York, USA undertook a solo round-the-world flight in his Cessna 400 aircraft to raise funds for the Rotary Ambala Cancer and General Hospital in India.



Rotarian Ravi Bansal with the plane

Ravi Bansal, PhD a retired entrepreneur with a passion for flying and a wannabe drummer, was the pilot/owner of a Cessna 400 who undertook this solo flight to bring awareness for cancer and raise \$750,000 to buy an urgently needed Magnetic Resonance Imaging machine (MRI) for Rotary Ambala Cancer and General Hospital. The 100 bed hospital was set up and is run by the members of the Rotary Club of Ambala in RI District 3080, India.

He took off from Buffalo in New York, USA on 4th July 2017 and flew over 20,000 nautical miles (23,000 miles) in 120 hours of flying time, stopping over at Canada, Greenland, Iceland, Faroe Islands, England, France, Italy, Greece, Jordan, UAE, Oman, Malaysia, Philippines, Japan, Russia, Alaska, Canada and back to Buffalo in U.S.A on 21st August 2017.



Blessings and prayers before the flight



The route flown by Ravi Bansal

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Ravi achieved his dream

"It has been a dream of mine for years to do this Round the World trip. I am finding it hard to believe that I have done it and come back home safely. I have lots of people to thank for helping me fulfill my dream. First and foremost is the unflinching support of my family, my wife Pratibha, my sons Rohan and Nitin, my brothers, sister and their families. My logistics team Eddie Gold and Ahmed Hassan of GASE, my friends in Buffalo, the new ones I made along the way, and most of all God Almighty who watched over me through the entire journey. Thank you, Thank you, and Thank you all for helping make my dream come true. I love you all very much."

Rotarian Ravi Bansal's dream of flying solo around the world has come true, but his dream of raising US\$ 750,000 to fund the purchase of an MRI machine for the Rotary Ambala Cancer and General Hospital continues.

As of September, 190 donors have donated a total of US\$ 147,804 of the US\$ 750,000 required for to buy the M.R.I. machine.



Ravi welcomed at Ambala Air Force Base, 21st July



Rotary Ambala Cancer and General Hospital

Please visit the website: <http://raviworldflight.com/> to learn more and to support the funding for the much needed diagnostic MRI machine for the Rotary Ambala Cancer and General Hospital. Ravi Bansal can be contacted at: ravbansal@yahoo.com

Editor's Note: Please see 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 Rotary 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>.



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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

HEWRAG is honored to introduce four new members of the Advisory Board:

Dr. Rita Kalra, Dr. Sanjay Kalra, Kathryn Ann Hester, and Bruce Mills

- Clifford L. Dochterman, Rotary International President, 1992-93, District 5160 (California, USA)
- Richard D. King, Rotary International President, 2001-2002, District 5170 (California, USA)
- 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, 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 February 2018.

To submit an article about Health Education and/or Wellness for consideration in the February issue, please write to hewrag@gmail.com by January 15, 2018.

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

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Health Education and Wellness
Rotarian Action Group