



Health Education and Wellness Rotarian Action Group (HEWRAG)

*Rotarians Working Together To Improve World Health*

## Volume 3, Issue 1 – February 2017

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

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

### Greetings!

As we begin our third year of publishing the Health Education and Wellness Rotarian Action Group Newsletter, we send sincere appreciation to the authors and other contributors for providing interesting, relevant, and inspiring articles and information. Special gratitude is extended to the readers for their kind and encouraging comments. Our goal is to keep you informed of HEWRAG's activities and resources and to provide opportunities to learn about other projects, events, and activities related to our three areas of interest: Health Fairs & Medical Missions; Oral Health & Nutrition; and Cervical Cancer Prevention. If you have a project, event, or interest in one of these areas, we invite you to look to us as a well-informed and experienced source of support and information. If you would like a HEWRAG program or exhibit for your District Conference, Zone Institute, or another Rotary event, please contact us.

It's an exciting time as we prepare for our February trip to Zambia and our April 2017 Medical/Dental Mission in China. Reports will be in the next issue.

We look forward to seeing many of you at the Rotary International Convention in Atlanta. HEWRAG will again host a booth in the House of Friendship. Our Annual Meeting will be Monday, June 12 from 12:30 to 14:00 in Room A408. You'll find more details in the May Newsletter.



With Warm Regards,

Co-Chairs Jane Little and Sheila Hurst

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*This 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

### **A Brief History of the 2017 China Medical/Dental Mission Sponsored by HEWRAG; the Rotary Club of Chengdu, China; and the HuaQiao Foundation**

Jane Little, HEWRAG Co-Chair, Past District Governor, District 5010,  
Rotary Club of Homer Downtown, Homer, Alaska, USA

### **HEWRAG's Zambian Adventure**

Karl Diekman  
Rotary Club of Woodland, CA, USA  
Director, Health Education and Wellness Rotarian Action Group  
District 5160 Governor 2010-2011

### **International Vision Volunteers Receives Rotary Global Grant for Eye Hospital and Clinic in Zimba, Zambia**

James W. "Bud" Tysinger, Jr., M.D.  
Rotary Club of Mission Viejo, District 5320, California, USA  
Yenjeon Hwang, M.D., Chair, International Vision Volunteers

### **Rotary Clubs in Northern California, USA Partner to Help Prevent Cervical Cancer in Kenya**

Judy Wolf, Rotary Club of Davis, Immediate Past President, District 5160,  
California, USA

### **2017 International Blood Safety Forum: Improving Access to Safe Blood, Friday, March 24, 2017 The Ritz-Carlton, Arlington, Virginia, USA**

John Donnelly, Rotary Club of Orinda, District 5160, California, USA  
President, Global Healing

### **HEWRAG at the Rotary International Assembly in San Diego January 2017**

### **Mission to Myanmar, The Rotarian magazine, January 2017, page 12**

Dispatches, Anne Stein



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## A Brief History of the 2017 China Medical/Dental Mission Sponsored by HEWRAG; the Rotary Club of Chengdu, China; and the HuaQiao Foundation

Jane Little, HEWRAG Co-Chair, Past District Governor, District 5010,  
Rotary Club of Homer Downtown, Homer, Alaska, USA



Rotary Club of Chengdu



The plan to have a Medical/Dental Mission to China began at the 3rd Annual Myanmar Medical/Dental Mission in early January of 2016 when Rotarian Edwin Ngoi of Shanghai and Singapore met with Health Education and Wellness Rotarian Action Group Co-Chair Jane Little. They brainstormed the idea of having a health event in China to bring medical and dental care to the underprivileged in Liangshan, which is about six hours from Chengdu.



Where is Chengdu?

After the 2016 Myanmar Mission, Edwin met with Special Rotary Representative for China Frank Yih and received the support of Frank's HuaQiao Foundation for the Medical/Dental Mission in Liangshan. When Jane met with Frank in San Diego where he was attending the Rotary International Assembly in mid-January 2016, he asked her to be the Project Leader for the China Medical/Dental Mission. She agreed, and the project moved forward.

Jane visited China in March 2016 on a fact-finding trip in conjunction with the HuaQiao Foundation and Rotarians in China. Past President Michael McErlean of the Chengdu Rotary Club was one of the members on the fact-finding trip, and he set up a meeting with current Club President Harley Greenberg and several other Club members. They agreed to support the Mission, and that they have done wholeheartedly.



Past President Michael McErlean in Liangshan

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Rotarian Antonio Wehrli, President Harley Greenberg, and Nigel Ashley Williams with the Chengdu Rotary Club; Rotarian Frank Yih, Ruby Cai, Wennie Wen, and Rio Yuan of the HuaQiao Foundation; Rotarian Edwin Ngoi of the WE Rotary eClub of District 5000; Rotarian Mark Wang of the Rotary Club of Singapore; and Rotarian Jane Little are some of the key project team members.



The waiting room at the Liangshan Clinic

The sponsors of the 2017 China Medical/Dental Mission are the Health Education and Wellness Rotarian Action Group, the Rotary Club of Chengdu, and the HuaQiao Foundation. The Mission will be held April 4, 5, and 6 in Liangshan. A total of 20 foreign volunteers from Australia, India, Kenya, Singapore, South Africa, Taiwan, and the United States - Alaska, California, Hawaii, and North Carolina will be participating.

The Mission's main goals are to provide medical, dental, and health education services; to have the doctors, nurses, and supporting participants exchange and share data and information; and to develop a sustainable ongoing annual event for many years into the future.

This year's Mission Team is complete. However, those who are interested in additional information or who would like to apply for the 2018 Medical/Dental Mission in China, please contact Jane Little at [rotaryjane@yahoo.com](mailto:rotaryjane@yahoo.com).



Patients receiving care at the Liangshan Clinic



The author reading with children in Liangshan

*Editor's Note: The May issue of the HEWRAG Newsletter will include a report of the 2017 China Medical/Dental Mission.*



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## HEWRAG's **Zambian Adventure**

Karl Diekman  
Rotary Club of Woodland, District 5160 CA, USA  
Director, Health Education and Wellness Rotarian Action Group  
District 5160 Governor 2010-2011

As subscribers to HEWRAG's Newsletter are aware, our primary objective is to help Rotarians serve their communities by making them aware of the issues and opportunities in our three Areas of Interest: Health Fairs and Medical Missions; Oral Health and Nutrition; and Cervical Cancer Prevention.



Zambia's location in Africa

In late February 2017 Co-Chair Sheila Hurst and I will travel to Zambia to explore opportunities to raise awareness among Rotarians about the issues of Oral Health and Nutrition and Cervical Cancer Prevention. We'll be meeting with leaders in Rotary, government, medicine, dentistry, and education to learn about existing programs, to find out if HEWRAG might effectively provide support for existing programs, and possibly to help develop additional ones that they might choose.

The specific goal of this trip is to develop a program that can help Rotarians lead awareness campaigns on these issues in their communities. Zambia provides the ideal location for this project because of longstanding relationships among HEWRAG leadership, Zambian Rotarians, government officials, and NGO's.

Why is this important to Zambia?

Oral Health and Nutrition: Zambia has approximately 80 Dental Surgeons, 400 Dental Therapists, and 100 Dental Technologists to serve a country with a population of almost 17 million people. According to data published by the World Bank, as of 2015 more than 45% of Zambia's population consisted of children younger than 14 years. The same data source estimates that 59% of the population lives in rural areas, communities that typically have few dental services available. It is estimated that 63 percent of people live in poverty, with the country ranking 139 out of 188 countries in the 2015 Human



Zambian children have little access to dental care

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Development Index published by the United Nations Development Programme. With affordability and access to dental treatment beyond for the majority of Zambians, prevention and promotion of basic oral health and education are critical to keep dental diseases low.

We believe that HEWRAG can help Rotarians learn how the "Kenya Smiles" preventive care model can improve the oral health of children in Zambia and may even stimulate interest in dentistry as a career choice.

Cervical Cancer Prevention: Cervical cancer is nearly 100% preventable, and yet Zambia has one of the highest rates of cervical cancer in the world at 58 per 100,000 females compared to a 6.6 rate in the United States. We believe that HEWRAG can help Rotarians learn how to advocate for and organize cost effective, low technology programs to address this significant health issue.



Preventing cervical cancer is a critical issue in Zambia.

Zambia Burden of Disease	
Incidence of cervical cancer	58.0 / 100,000
Mortality of cervical cancer	36.2 / 100,000
Women who present with advanced-stage cancer under 35	40%
Prevalence of HIV/AIDS in women 15 – 49 years	14.9%
Women living with HIV/AIDS	490,000
Female population aged 15-49	1.17 million

## Opportunities and Challenges

Opportunities	Challenges
Including HIV indicators in cervical cancer programmes	Limited funding and competing priorities
Promoting HPV vaccination and HIV prevention programmes for adolescents	Siloed health systems
New technology to screen and treat cervical cancer	Challenges with gas for cryotherapy and electricity for thermal coagulators
Stigma of HIV and cervical cancer	Stigma of HIV and cervical cancer

Source: Webinar: *The Double Burden: HIV and Cervical Cancer*, Hosted by International Aids Society and Pink Ribbon/Red Ribbon, January 25, 2017. Data and graphics by Dr. Sharon Kapambwe, National Coordinator for Cancer Prevention, Zambian Ministry of Health

At the conclusion of this exploratory trip, HEWRAG's goal is to have a working education and advocacy program that is deliverable in Zambia and similarly situated countries. While we will wait to see the actual results of our visit, we anticipate that we will return to Zambia in the not too distant future to deliver the programs designed on this visit.

Look for more information about this effort in upcoming issues of this newsletter.



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## International Vision Volunteers Receives Rotary Global Grant for Eye Hospital and Clinic in Zimba, Zambia

James W. "Bud" Tysinger, Jr., M.D.

Rotary Club of Mission Viejo, District 5320, California, USA

Yenjeon Hwang, M.D., Chair, International Vision Volunteers



Patients of all ages come to IVV for eye care.

International Vision Volunteers (IVV) was founded by three Rotarian eye surgeons to bring sight and eye care to the impoverished of the world. Since 1995 IVV has been bringing teams of eye surgeons and other medical specialists to the market town of Zimba, Zambia. We're told there are about 100,000 blind people in Zambia, and more than 11,000 go blind every year. Most of these people can be cured by modern eye surgery. We would estimate that we have probably had about 80,000 clinic visits, 10,000 postop visits, 8,000 major surgeries, 2,000 minor surgeries, and 2,000 YAG lasers in Zimba.

Much has happened at the International Vision Volunteers Eye Hospital and Clinic over the last year, and all of it has been good. The teams saw 4073 outpatients, 458 postop visits, performed 396 major surgeries (377 cataracts), 97 minor surgeries, and 120 YAG lasers.

A major reason we can accommodate so many patients is because of incredible Rotary support. Last year the Rotary Club of Clayton Valley/Concord Sunrise, District 5160, California, USA was able to obtain a Rotary Global Grant for International Vision Volunteers for \$63,435. They were the largest donor, and we cannot thank them enough for all the work they put into this project. This was made possible with the leadership, dedication, and skill of Committee Chair Fred Nelson and Committee Members Anthony Aranda, Lawrence Hutchings, Christopher Ruzicka, Stephen Weir, John Wenzel, and Club President Clayton Worsdell. Support for the grant was provided by the District 5160 Rotary Clubs of Antioch, Danville-Sycamore Valley, and Pleasant Hill, plus the Rotary Club of Findlay, Ohio, USA. The International Partner was the Rotary Club of Livingstone, Zambia.



Dr. Sue Wallace removing a patch after surgery

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The IVV Operating Room in Zimba

This Global Grant has allowed us to make significant improvements and additions to the IVV facility, the equipment, and the inventory of supplies.

We put in a new borehole (well) with a storage tank, a new generator, three computers, a Wi-Fi system, an ophthalmoscope, a retinoscope, charger, two Tonopens, two sets of surgical instruments, hundreds of educational brochures, over 7,000 bottles of eye meds, three air conditioners, an oxygen tank, a new slit lamp, and a new exam chair and stand.

Of course every patient and every family who come to the IVV Eye Hospital and Clinic for services has a special story. Here's one about a father and son whose lives were dramatically improved by the team at International Vision Volunteers.

*Teddy led his son into the clinic by the hand because Ishmael could not see at all. He had been blind since childhood from a traumatic injury in one eye and cataract in the other. They had traveled for 2 days from Zimbabwe (walking to the ferry crossing, crossing the Zambezi River, then taking two bus rides) to come to Zimba to see the eye surgeons at IVV.*

*When Ishmael first came into the clinic, he spent all his time with his head bowed, never raising it. But after his surgery, Ishmael actually looked straight at you. The remarkable thing is that just three months earlier, Teddy himself had been blind and was led in by the hand to the eye surgeons for his own cataract surgery.*

*And now? Now Teddy is working as a driver.*



Teddy and Ishmael at IVV

In the coming months look for our redesigned website with information about the latest eye camps and events at the Eye Clinic and a link to make donations online.

For more information, please visit [ivvusa.com](http://ivvusa.com) or write to [ivvusachair@gmail.com](mailto:ivvusachair@gmail.com)

*Editors note: After many years of dedicated humanitarian service, Dr. James Tysinger is now semi-retired but is still active in IVV and in Rotary. Dr. Yenjean Hwang has been welcomed as the new Chairperson of International Vision Volunteers.*



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## Rotary Clubs in Northern California, USA Partner to Help Prevent Cervical Cancer in Kenya

Judy Wolf, Rotary Club of Davis, Immediate Past President, District 5160, California, USA



Kenya: in a land of utter beauty; stunning exotic animals, crowded road-side markets, robust farmlands, and a place of friendly and open people, one might not know that nearly 5,000 Kenyan women are diagnosed with cervical cancer each year, and 50% will die from this disease. A disease that is nearly 100% preventable.

Our Rotary International Global Training Team left California on October 28, 2016 to travel to Kenya in hopes of making a difference in the lives of these brave women. We couldn't help but feel a sense of pride, knowing that we were a part of a \$98,325

Rotary International Vocational Training Grant medical team, authored by the Rotary Club of Davis in District 5160, sent to Kenya to provide cervical cancer screening, treatment, and education to the women of the poor and needy region of South Nyanza, Kenya.



**Trainees interviewing women at Homabay County Referral Hospital**

It was nearly three years ago when a prominent non-profit organization leader, Ms. Vickie Winkler, Executive Director of the Health Education Africa Resource Team, informed our Rotary club about the epidemic of cervical cancer-related deaths in Kenya. Kenya has a population of almost 13 million women aged 15 years and older who are at risk of developing cervical cancer. The bedrock of economic life in Kenya revolves around working women in their prime. Furthermore, when you save the women, you save their children.

After doing some homework, we learned that our very own Past District 5160 Governor Karl Diekman had gone to Nicaragua and partnered with Prevention International No Cervical Cancer (PINCC) to provide cervical cancer screening and treatment to the women of Nicaragua. With his help, we contacted Angela Mason, Rotary Club of Albany, Executive Director of PINCC. From that very first

meeting, the Rotary Club of Davis was committed to applying for a Global Vocational Training Grant. With support from the Rotary Clubs of Davis Sunset, Davis Sunrise,

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Woodland, Woodland Luna Vista, Lamorinda Sunrise, Vacaville, Vallejo, Alameda, Richmond, and Albany, the application was approved, and we were on our way.

Our first team visit began on October 31, 2016 when we set up medical clinics at Homabay County Referral Hospital and Kendu Bay Sub-District Hospital, consecutively. The medical team, made up of Drs. Melissa Miskell, Medical Director, Loie Sauer, Sara Cochrane, Danette Elliott-Mullens, and nurse practitioner Monica Odero-Winegar – a



Rotarian Rochelle Swanson interviewing a patient pre-exam

native Kenyan, spent the first seven days at Homabay where 163 cervical examinations were performed. These 'routine' examinations led to four women needing Cryotherapy to freeze lesions and three women receiving the life-saving Loop Electrosurgical Excision Procedure (LEEP). Sadly, one of our ladies was discovered to have terminal cervical cancer. Our team was in awe of her courage and strength as she sat with her husband while the Kenyan physician explained to her the stark truth of her situation.

Our team will never forget this beautiful woman and her husband.

Kendu Bay Sub-District Hospital was our next life-saving visit. There, the team examined 215 women and performed five Cryotherapy and 6 LEEPs. Thankfully, most of the women were found to be disease-free.

We are proud to report that our first trip was successful. The teams trained Kenyan physicians and nurses on how to identify cervical lesions, and now the trained doctors and nurses are equipped to carry out the work and to train other Kenyan medical professionals.



Back L-R: Rochelle Swanson, Angela Mason.  
Front L-R: Judy Wolf, Monica Odero-Winegar, Raylene Ewing

We look forward to our second team trip in June 2017 to the same region to do follow-up examinations and treatment. More medical training will occur. During our last trip in November 2017, final follow-up examinations will be performed. A skills assessment of the trained medical professional will be conducted. Medical equipment will also be donated to each of the hospitals.

We are profoundly grateful to the Rotary clubs and The Rotary Foundation for supporting this life-saving global grant. Our team will have left Kenya with a sense of honor and deep satisfaction to have been able to serve the women to Kenya. For more information, please email [wolfjudy41@gmail.com](mailto:wolfjudy41@gmail.com)



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**2017 International Blood Safety Forum:  
Improving Access to Safe Blood, Friday, March 24, 2017  
The Ritz-Carlton, Arlington, Virginia, USA**

John Donnelly, Rotary Club of Orinda, District 5160, California, USA  
President, Global Healing



**THE INTERNATIONAL BLOOD SAFETY FORUM:  
IMPROVING ACCESS TO SAFE BLOOD**

*MAKING THE CASE FOR GLOBAL INVESTMENT TO SAVE LIVES*

Fifteen years of work, supported primarily by the President's Emergency Program for AIDS Relief (PEPFAR), have made tremendous progress to improve the safety of the blood supply in many countries ravaged by HIV. However, new plans redirecting PEPFAR resources to HIV testing and treatment leave gaps in access to safe blood in many developing countries. The challenge for the next decade is to make safe blood products more widely available – and affordable – in order to decrease rates of maternal mortality, childhood anemia, and trauma deaths worldwide. The 3rd International Blood Safety Forum (IBSF), co-hosted by Global Healing and America's Blood Centers (ABC), will bring together industry, academic, nonprofit, and government leaders to examine:

- » The Sustainable Development Agenda: Where does blood fit in?
- » Access to affordable, safe blood in developing countries: What remains to be done?
- » Governments, international organizations, foundations, industry, NGOs, and healthcare providers: How can we collaborate to make safe blood accessible to all who need it?

**WHEN:** FRIDAY, MARCH 24, 2017

**WHERE:** The Ritz-Carlton (Pentagon City)  
1250 S Hayes Street, Arlington, Virginia 22202, USA

The IBSF will offer critical analysis that is essential to attract new donors who can help those already engaged to bring the work started by PEPFAR to completion. **The goal is to provide a sustainable, affordable, sufficient, and safe blood supply for mothers in childbirth, children with anemia, surgical patients, and others in need in developing countries.** The IBSF will be hosted in conjunction with America's Blood Centers' Annual Meeting.

Learn more and sign up to receive a registration link:

**[HTTP://GLOBALHEALING.ORG/IBSF](http://GLOBALHEALING.ORG/IBSF)**



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## HEWRAG at the International Assembly in San Diego

Each January Rotary District Governors Elect from all over the world meet at the

International Assembly in San Diego for training in preparation for the Rotary year beginning on July 1. This January 539 Governors Elect attended representing Rotary districts in about 200 countries. Many of the Governors Elect came to the Rotarian Action Group (RAG) Information Booth to learn about the different RAGs.



Rotarian Action Group Leaders hosted the RAG Information Booth at the International Assembly.

HEWRAG was among the Rotarian Action Groups represented at the International Assembly.

Past Rotary International President Frank J. Devlyn, a long-time active supporter of Rotarian Action Groups, stopped by to talk with Rotarians representing many of the RAGs.



PRIP Frank J. Devlyn visited the RAG Booth

There are currently 26 Rotarian Action Groups that address a variety of important issues and topics. More information including links to the websites and contact information is online. <https://my.rotary.org/en/rotarian-action-groups>

1. Addiction Prevention
2. AIDS and Family Health
3. Alzheimer's and Dementia
4. Blindness Prevention
5. Blood Donation
6. Clubfoot
7. Dentistry
8. Diabetes
9. Disaster Assistance
10. Endangered Species
11. Environmental Sustainability
12. Food Plant Solutions
13. Health Education and Wellness
14. Hearing
15. Hunger and Malnutrition
16. Literacy
17. Malaria
18. Mental Health
19. Microfinance and Community Development
20. Multiple Sclerosis
21. Peace
22. Polio Survival
23. Population and Development
24. Preconception Care
25. Slavery
26. Water and Sanitation

**Mission to Myanmar, The Rotarian magazine, January 2017, page 12**  
 Dispatches, Anne Stein

*Editor's Note: Articles about the second and third Myanmar Missions are in the February 2015 and February 2016 HEWRAG newsletters. <http://www.hewrag.org/publications>*



**CONVENTION**

**Southern hospitality**

**T**he Atlanta Host Organization Committee is offering some good, old-fashioned Southern hospitality at the Rotary International Convention from 10 to 14 June. It has planned a wide range of activities featuring everything from good food and music to inspiring tours of local landmarks. If it's your first convention, these events are chances to meet fellow Rotarians from around the world, and if you're an experienced convention-goer, you can catch up with old friends.

Hall of Fame baseball player Hank Aaron will host Rotarians for a "Strike Out Polo" night at the new SunTrust Park, where you'll watch the Atlanta Braves play the Philadelphia Phillies. Frya-like participatory sports, there will be a 3N WalkRun for Peace at the beautiful Centennial Olympic Park.

Habitat for Humanity, a nonprofit dedicated to building housing for low-income families, calls Atlanta home. You can spend an afternoon helping build a web for a Habitat for Humanity house.

Because nothing builds friendships like sharing good food, the host committee has put together several dining options, including a stock party with dishes from local restaurants and of course the traditional Host Hospitality Night, which will offer food and fellowship in several metro Atlanta neighborhoods.

For a complete list of host committee events, visit [rotaryinternational.org](http://rotaryinternational.org) Festival events.

Registration savings end 31 March. Go to [ricanewton.org](http://ricanewton.org).



**DISPATCHES**

**Mission to Myanmar**

**F**our years ago at the Rotary Global Peace Forum in Honolulu, Nobel Peace Prize laureate Aung San Suu Kyi made an urgent plea to Rotarians to help her nation, Myanmar. Once one of the richest countries in Asia, the land formerly known as Burma had until recently been closed off to the rest of the world by a military dictatorship and had become one of the poorest nations in the region.

Rotarians answered that call and have since launched annual humanitarian missions to Myanmar. They have been led by Eddie Lutz of the Rotary E-Club of District 5000, a physician from Myanmar who practices in Honolulu (and whose sister-in-law was Aung San Suu Kyi's chief of staff), and Seise Yoshida, past governor of District 5000 (Hawaii).

This photo by Sheila D. Hume of the Rotary Club of Redding West, Calif., was taken during the second annual Mission to Myanmar in January 2015 at a monastery school in Gasa Kyau, a village near the Bangladeshi border. "The boys watched with amusement, humor, and some suspicion as the group prepared the oral health and nutrition lesson, but they quickly became engaged and eagerly accepted toothbrushes and toothpaste (sponsored by Rotarians from Districts 5160, 5000, and 5010)," says Hume.

Over three days, 3,500 adults and children were seen in medical and dental clinics and at a health fair. Rotarians also conducted training classes for English teachers, distributed solar lamp systems to schools, and helped install water catchment ponds and filtration systems.

The local people had never seen so many foreign volunteers, says Yoshida, and the regional chief monk and local officials welcomed guests with an elaborate opening ceremony.

"Myanmar is changing rapidly," says Yoshida. "It is now open to Rotary and international trade, yet the vast majority of people still live in poverty. It provides many unique opportunities for Rotary service."

—ANNE STEIN

<b>2014</b> Year the new Rotary Club of Yangon was announced	<b>35+</b> Percentage of children in Myanmar who are malnourished to some degree	<b>1929-77</b> Years that Rotary clubs were active in Burma
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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 Nominee, 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)
- 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)



**Rotary**

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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).

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

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

To request adding someone to the mailing list, please send contact information including e-mail address to [hewrag@gmail.com](mailto:hewrag@gmail.com). All issues are online at <http://www.hewrag.org/publications>

Readers are invited to submit an article about Health Education and/or Wellness projects and programs for consideration in a future issue.

General guidelines: an article of up to 400 words (500 words maximum) and 2 or 3 high-resolution .jpg images (each a minimum of 1 MB) with captions.

**The next issue of this Newsletter will be published in May 2017.**

To submit an article about Health Education and/or Wellness for consideration in the May issue, please write to [hewrag@gmail.com](mailto:hewrag@gmail.com) by or before April 10, 2017.

[www.rotary.org](http://www.rotary.org)

[www.hewrag.org](http://www.hewrag.org)

[facebook.com/HEWRAG](https://facebook.com/HEWRAG)

[www.rotary.org/actiongroups](http://www.rotary.org/actiongroups)

[www.rotary.org/fellowships](http://www.rotary.org/fellowships)

[www.kenyasmiles.org](http://www.kenyasmiles.org)

[www.cervicalcanceraction.org](http://www.cervicalcanceraction.org)



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