



Health Education and Wellness Rotarian Action Group (HEWRAG)

Rotarians Working Together To Improve World Health

Volume 2, Issue 3 – September 2016

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

Greetings!

The Health Education and Wellness Rotarian Action Group currently has members in 36 countries. This Newsletter, published in February, May, and September each year, was created to inform members, all Rotarians, and others around the world about HEWRAG's resources and activities. It is also intended to expand and strengthen our ability to serve through providing relevant and inspiring articles and information about our three areas of emphasis: Health Fairs and Medical Missions, Oral Health and Nutrition, and Cervical Cancer Prevention.



We hope you will enjoy this issue and encourage you to share it with others. It is a special privilege to feature "Collaborating To Save Lives" written by Past Rotary International President Rajendra K. Saboo. You'll see a recap of HEWRAG's activities at the 2016 Convention in Seoul.

Details about HEWRAG's events at the Atlanta Convention will be listed in the February 2017 Issue.



If you have a project, event, or interest in one of our areas of emphasis, we invite you to look to us as a well-informed and experienced source of support and information. HEWRAG is currently developing its 3-year calendar, from 2017 to 2020. Slots are available for presentations, exhibits, and displays by HEWRAG's experienced team of speakers at District Conferences, Zone Institutes, and other Rotary events and activities. Please write to hewrag@gmail.com for information about how to book HEWRAG for your event.

With Warm Regards,

Co-Chairs Jane Little and Sheila Hurst

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Recap HEWRAG activities at the 2016 Rotary International Convention

1. Breakout Session
2. Information Booth in the House of Friendship
3. Annual Meeting
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The Health Education and Wellness Rotarian Action Group is a group of Rotarians and others whose purpose is to promote good health and wellness by building awareness, promoting education, and providing information to help achieve and maintain good health and to utilize effective prevention in an integrated way. 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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Collaborating To Save Lives

Rajendra K. Saboo, President, Rotary International, 1991-1992

Let me start with a story.

A father and his small daughter were walking through a forest path and suddenly found a big branch of a tree blocking them. The girl looked at her father and said, "Dad, do you think I can move it?" Father replied, "Yes, child, you can if you use all the strength you can have." The girl tried once more and failed and looked up to her father. He gave the same answer, "You can, if you use all the strength available with you." She tried again, and frustrated, she looked at her father one more time. The father encouraged the girl, "My child, let us do it again, and I will help." Together, the girl and the father were able to move the branch out of way. Father said, "I had asked to use all the strength you have, but you did not. You were only thinking of the strength that you personally have, but with you was my strength also. When two of us did it, we could accomplish what we wanted. My child, please understand that independence is good but is not everything. Inter-dependence is equally important because then you multiply your strength. Taking help is not a sign of weakness. We all need help sometime, somewhere. Rightly used, the help becomes strength and blossoms into wisdom."

The spirit of the story appears to be so relevant to the subject "Collaborating to Save Lives."

Recently we were all watching the Rio Olympics. We could see that in each stream were people who had the origin in Africa but have adopted another country that they represented. Africa is the strength, became the strength of those countries in sports, and those countries' strength picks up the strength of Africa. It could be an Afro-American or Afro-European or Afro-Asian or Afro-Latin American.

The world is reaching Africa as Africa reaches out to the world.

Asia might be the mother of all major world religions that have spread across the globe. Europe may have given the world secular ideologies. America may be credited for innovations and scientific development. But Africa is the mother of the human species itself, the Homo sapiens. Over the time, Africa became victim of the developed world through colonization, greed and exploitation, divide and rule policy, and induced civil strife. Now all is in the past, and Africa's time is coming up.

But I must alert. We must not be complacent. Africa became Polio-Free, but suddenly two cases appeared in Nigeria. The country did not relent but multiplied its resolve to fight the battle. This is the spirit that Africa has. When we talk of saving lives, the very theme of Rotary International given by President John Germ this year echoes the spirit, Rotary Serving Humanity. Rotary's every program touches and saves lives, not only

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from death but also from living death. There is poverty, lack of literacy – water – sanitation - nutrition. There is exploitation of women and children. Even peace is important as we see the children handling the guns. Peace too saves lives.

Today, I am talking about health care, because of my involvement, such as medical treatment and lifting up immunity level of the people.

My love affair with Africa started in 1998, not when I was President of Rotary International but when I and my wife, Usha, went to Uganda as volunteers. We had a different perception of Africa, and only through our ten days of work, mingling with the people there, our perception changed. Today I feel I need Africa more than Africa needs me.



In Lilongwe, Malawi, 2015. Raja Saboo comforting a nervous child about to go through surgery.

I remember the famous quote of the great leader, Kwane Nkrumah, “I am an African not because I am born in Africa but because Africa is in me.” By the definition of birth I am not a born African, but somehow Africa has found its way and has entered in me. People of Africa are in me. Rotary in Africa is in me. It is largely because of Africa, I am what I am today, what Usha is today, in our life journey. Some of my friends in India do ask why should I at this age keep going to Africa. I felt insulted and told them I was not old.

And the secret of my youth is getting rejuvenated working in Africa and

hands-on serving humanity. Usha and I are not medical people and do not have any expertise in the health or wellness field, but we have the spirit of Rotary, and helping those who have expertise likes doctors and surgeons, whether in India or Africa or wherever there is need, keeps us going.

When I think of Africa, talk about Africa, or any place we took for our medical missions, so many images, so many human stories come to my mind and clog my emotions. Just few years back, a little 3 year old girl in Abuja, Nigeria comes with her father. Her face is white with fear and eyes wide open; she has to be taken in for a Polio corrective surgery. She clings to her father and hugs. All efforts of the volunteers are failing. Finally I tried to pacify her. I make funny faces and funny sounds. I make her laugh. Slowly I take her in my lap and signal the nurse to sedate the child. Then she is taken in for surgery. I wonder what that child saw in me – my love, my compassion, my trust, or the image of my own grand daughter in my eyes? Or perhaps all these?

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A similar incident happened in 1998 in Masaka, Uganda during our first medical mission. Or in Rwanda or in Ethiopia or any country my wife, Usha, and I were privileged to serve in Africa.

In these last 16 years nearly 28 intercontinental medical missions from India, Bangladesh and Nepal have been undertaken involving 355 surgeons, anesthesiologists, and doctors. Fourteen countries have been covered with specialties of eyes, orthopedics, dental, ENT, general surgery, gynecology, plastic and histopathology. Nearly 34,500 surgeries and procedures have been covered touching almost 150,000 people. About 28 Rotary districts participated out of which 26 have been from India and 2 from Bangladesh and Nepal. Additionally, there were the host districts in Africa. Also we had financial and volunteer supporters from U.S.A., England, Cambodia, Taiwan, and Italy. While serving beyond borders we realized that there are pockets of health needs within India itself. Starting in 2006 we have had 12 medical missions within the country which we named RAHAT – a Hindi language word which means “Relief” and also is an acronym of “**Rotary’s Active Hands Are Touching.**” During these missions about 310 doctors/surgeons mostly Rotarians or their spouses and 165 volunteers all from Rotary families covered about 230,000 patients of which 21,700 were treated with surgeries or procedures including some major ones. But these are all statistics. Each life saved was a story in itself, and their images will be in our mental screen for all times. This is the greatest gift that Rotary gave us.



In Lusaka, Zambia, 2001. Raja Saboo holding a happy child after the removal of dressing post-successful eye surgery.

The story, however, needs to be continued more vigorously with the multiple strength and help from all sources.

What needs to be done in the future?

The need is limitless. Potential is tremendous, resources can be unending. There is no dearth of competence, and wisdom is abundant - all in Rotary are available to serve the needy. And there can be no better time than now to blend them together into action. This is the opportunity.

You – each one of you – a Rotarian, a club, a district, individually and collectively, can do it. You do not need me to tell you what to do. *Continued on the next page*



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All you have to do is put fire under you, in your belly to create the hunger, the passion, the zeal to propel. Let me just give you a few tips.

- Have confidence in yourself - such confidence which can turn your intention into action. Through your own confidence, commitment, and challenge you can bring about the required acceleration and speed.
- You have to have the feeling that you have resources. You must find the necessary finances from within yourself. It's there, but because of the notion from ages that Africa or developing societies anywhere are poor. We are hit by the perception that only when someone can give from outside then only we can perform. We had a similar situation in India, and when I was nominated as R.I. President I was asked by almost everyone including political leaders and media that now we are going to have an Indian President what is he going to bring for India. I wondered is that my culture. That is when I started thinking, must I always think of myself in what I can bring for India? Must I not look beyond myself, and hence came the three words, "Look Beyond Yourself." Today India is net giver to The Rotary Foundation, and you will be happy to know that in the year just gone-by, India has become the second largest giver after U.S.A. to the Foundation. If India can do it, you surely can do it.
- Today we are talking about collaborating, and collaboration is between equal partners and not between donor and donee. You should develop the attitude of "no charity." When Bill Gates came forward to lend his hand, probably learning from the theme given by President John Germ in our mission of eradicating Polio, Bill knew that Rotary could deliver, and that's why the partnership blossomed. Rotary did not take it as a charity but recognized the importance of such partnership which we have seen in our Herculean pursuit. Success now awaits us. You have to do it for all your other projects including medical missions, health care for the millions around the world.
- We have learnt from Polio how we can achieve success. Make the government your partner. This I have learnt not only from Polio but many other medical missions. Whether it was in Rwanda or many other places, without government our medicine consignments lie in the customs for 3 or 4 days, but with government's support we can multiply our ability to serve.
- For any success, the important aspect is the planning, prompt communication and extension and indicating your enthusiasm. I know the difficulties of infrastructure, long distances of multiple countries in a Rotary district, and yet these handicaps need to be crossed.
- And once you have a project, make sure that you become accountable, and not only do so but appear to do so as well. I have seen how for small little matters of what can be part of expense or not, the accounts cannot be finalized for years. We have to rise above these small considerations and show the stewardship in action.
- Having done such outstanding projects if we do not cash on the results in terms of enhancing our own strength, we are missing a great opportunity. We need to make the public aware of what Rotary does. I have seen that in many of our medical

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missions the awareness is limited to the hospital or to the patients that have been treated. Just imagine if the bill boards, television, radio, print media can be made aware of what Rotary has been doing, you will find the people coming forward to you to say, “How can we join Rotary.” The quality of people is there. The pool of strength is there. You have to tap them through this awareness. This is an unbeatable instrument – using the project wisely, effectively for enhancing your own strength – the membership.

- And now you have to think of sustainability. You have to lift up the local talent. Even if you face the situation where the doctors who are trained leave the country and go for green pastures. Train more people. I have seen the material that you have in your own doctors old and new. Given the push and encouragement you will be able to enhance the competence.
- Think of permanent projects like the blood bank that is coming up in Uganda. You can have health education centers or nutrition programs in order to build and enhance the immunity level of the children.
- The ideas we keep coming from all sides as you move forward in harnessing your powers to collaborate to save lives.

I leave you with the words of well-known author Barry Finley, “Every mountain top is within reach if you just keep climbing.”

**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
Harley Greenberg, President, Rotary Club of Chengdu, China



Rotary Club of Chengdu



Now is the time to contact Co-Chair Jane Little at rotaryjane@yahoo.com if you have any interest in joining the 2017 Medical/Dental Mission based in Chengdu, China. This is a great opportunity to serve some of the poorest people in China and to share

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information and knowledge with the other volunteers, doctors, and dentists. It is important that we set up a sustainable program that can become an annual event and eventually even more times throughout the year.



Street view of clinic in Liangshan, China.

We are expecting the trip to cost around \$1,000 or less plus airfare. Once we have a definite price, we will have everyone pay, and then one person in China will pay the bills (hotels, food, round-trip transportation to the mission site, etc.) which it will make it easier than having everyone pay individually. You will need to make and pay for your own round-trip travel reservations to Chengdu. If you have any specific requirements, please let me know.

There will be a maximum of 20 foreigners from around the world plus many Chinese and expat volunteers, so please let me know as soon as possible if you will be attending. Once we have reached 20 members, the trip for this year will be closed, and we can put you on a waiting list if anyone cancels or for next year's mission. We will provide a letter of invitation so you can apply for your visa.

I'll need a short bio and a copy of the ID portion of your passport not later than the end of October. We have received approval from the local government for the medical/dental mission, and we will need to provide them this information for each participant.

We are recommending that you arrive in Chengdu by April 1st. We will travel about 6 hours by train on April 2nd or 3rd to arrive in Yuexi where our hotel is located, a 15 minute ride by vehicle to the site of the medical/dental mission. The mission will be held all day on April 4, 5, and 6. We will be returning to Chengdu on Friday, April 7th.



The author with Michael McErlean (last row, white shirt), Past President, Rotary Club of Chengdu and Ruby Chai with the HuaQiao Foundation (on the left wearing red traditional clothes.)

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Giant pandas in China Panda Reserve.

The Rotary Club of Chengdu, our host club, is having its annual gala on Saturday evening, April 8th. We hope everyone will be able to attend, as it will be a good opportunity to meet, thank the club members, and celebrate the successful mission.

Chengdu, a large city in the Sichuan Province, is the home of the Panda Reserve, so there will also be some optional tours available after the mission. More details about those tours later.

With questions or for more information, please write rotaryjane@yahoo.com.



Providing Better Health Care for Sick Children

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

What would it feel like to be the parent of a child with a life-threatening illness and be unable to get her the medical attention she needs because it is not available in the country where you live? Hundreds of thousands of parents around the world face this dilemma every day.

Almost thirty years ago Global Healing's founder, JoAnn McGowan, saw this need in the Republic of Georgia and responded by helping to establish a nonprofit hospital to treat children with congenital heart defects, with important support from Rotary International. Now the JoAnn Medical Center in Tbilisi (named in her honor after her passing in 1996) performs more than 600 heart surgeries a year, and children born with congenital heart defects are able to receive the life-saving surgery they need.

JoAnn founded Global Healing in 1994, and the organization continues her work today. Global Healing is helping to make the blood supply safer in Haiti, reduce complications for children in intensive care in Vietnam, establish accessible



A young patient recovers from heart surgery at the JoAnn Medical Center.

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care for children with cancer at the JoAnn Medical Center, and make pediatric outpatient care available free of charge on the island of Roatán in Honduras.



Dra. Karla Cerritos (right) examines a patient at the Roatán Volunteer Pediatric Clinic.

Our work is dependent on thousands of hours donated by volunteers who are experts in their areas of medicine and by those who are not medical experts but are ready and willing to help.

Private organizations are increasingly important sources of training and assistance to medical institutions in countries like Vietnam, Honduras, and Georgia. They are among 32 countries that since the year 2000 have progressed from “Low Income” to “Lower Middle Income” status thanks to a period

of unprecedented economic growth. Consequently, three-fourths of the world's poor people now live in lower-middle and middle income countries. Lower Middle Income countries generally can meet basic public health needs but often lack access to the training and resources to treat more complex, life-threatening conditions.

Where there is a basic healthcare system on which to build, relatively modest programs can have a big impact on people's daily lives. Global Healing works closely with our local partners to determine support needs, includes local health authorities in development of the projects, and emphasizes Training of Trainers to ensure that the improvements that are made can be transferred to neighboring institutions and future generations of healthcare workers.



Nurse Whitney Elton (second from left) training nursing staff during rounds at the Vietnam National Children's Hospital.

As Rotarians know better than anyone, a small group of dedicated people can have a lasting impact in the world.

Last year the JoAnn Medical Center performed its 3,000th heart surgery and the Roatán pediatric clinic saw its 30,000th patient. There are still many more opportunities to make a difference.

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Right now Global Healing is actively seeking Board members and volunteers to work both locally in the USA and overseas. We are very interested in collaborating with Rotary Clubs to extend the activities at our program sites.

For more information, please visit www.facebook.com/globalhealing or www.globalhealing.org, or email John Donnelly at john@globalhealing.org.

Editor's Note:

Global Healing is an international NGO that provides training programs for physicians, nurses, and laboratory professionals to improve standards of medical care in developing countries with special emphasis on pediatrics and blood safety. It is dedicated to improving access to high quality healthcare in developing countries by building strong relationships with partners established on equity and dedicated to lasting, meaningful impact; by harnessing contributions of high quality medical equipment and supplies that improve the standard of care abroad; and by leveraging the time and expertise of selfless volunteer medical specialists to improve their counterparts' skill sets.

Alliance for Smiles: Creating Peace in the World through Cleft Lip and Palate Surgeries

Anita Stangl, Past President, Rotary Club of San Francisco, California, USA
District 5150

Senior Advisor to the CEO, Alliance for Smiles; Founder: Alliance for Smiles, Inc.

Six members of the Rotary Club of San Francisco founded Alliance for Smiles (AfS) twelve years ago with the goal of not only sending medical teams to provide free cleft lip and palate surgery for underserved children in developing countries but also to establish Treatment Centers that could provide long term, multi-disciplinary care for these children. We felt that this outreach was necessary to the core value of establishing complete treatment. We wanted to give kids the same opportunity afforded patients in the United States which provides not only surgery but years of follow up care including additional surgery, orthodontia, speech therapy, dentistry, and family counseling. The journey has not been easy.

Alliance for Smiles felt that China was a prime location to begin its work as there were a number of children who needed primary surgery, the hospital infrastructure was solid, and the intellectual curiosity and willingness to learn about better treatment was evident. Since 2005, when the first medical mission took place in Jiujiang, China, over 60 full surgical missions to various locations in China and the world have taken place with Alliance for Smiles surgeons treating almost 6000 children. We have set up Treatment Centers in 5 major cities in China with plans for more in other countries.

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In Wenzhou, China, Stephanie Schmautz, Rotary Club of San Francisco (holding child), and 2 nurses look after a young patient who just received surgery.

We are currently active in Myanmar, Bangladesh, and a number of African countries. Each place poses its individual and unique challenges. We have been so fortunate to have a wonderful relationship with an NGO, The China Population Welfare Foundation in China, along with another supporter, The Wenzhou Peoples' Alliance for Smiles which was formed by a Taiwanese Rotarian with very strong roots in the City of Wenzhou.

We have successfully partnered with Rotarians from the Gulshan Lake City Rotary Club in Bangladesh and the newly formed Rotary Club on Yangon in Myanmar. We have some wonderful Rotarians in African countries as well as other local affiliates outside of Rotary.



The support we have received because of our efforts from Rotary have been substantial through Global Grants, individual Clubs, Districts, and Rotarians. To recognize Rotary International at our 2015 Gala, we presented The John Uth Memorial Award for Significant Financial Support to Rotary International Past President Ron Burton representing Rotary International.



The author with young patients on a recent trip to Changzhi, China when she was Mission Director.



Pei, a young patient from Guiyang, China, before and after surgery.



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However, this article is entitled, "Creating Peace in the World through Cleft Lip and Palate Surgeries." The reason for this title and a major philosophical emphasis of Alliance for Smiles is completing our work to create international peace and understanding. It is a core goal. It is the reason we do the work. We change people's lives for the better through the vehicle of free reconstructive surgery and the development of educational programs. Our patients, the parents whose lives we change, and the people with whom we partner are totally affected by the kindness and humanitarianism of our volunteers. On each and every mission, we give hope, and we create peace among nations. It is a goal well realized.

For more information, please visit www.allianceforsmiles.org



Surgeon Dr. Richard Siegel is bringing a child out of the operating room in Shenyang, China on a mission of the Alliance for Smiles.

The team had a special connection to this child because the patient was an orphan.

Photo by Dave Fowler, Lead Photographer for Alliance for Smiles.

Reproduced with generous permission of the photographer and Alliance for Smiles.

Autism: A Disability That Continues To Grow (English version)

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

As a Director of HEWRAG elected during the last Rotary Convention in Seoul, South Korea, I appreciate this distinction, and I am pleased to share the state about our service action on AUTISM that we developed from Argentina and the projection in other countries in Latin American.

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Through the Rotary Club of Montserrat in Buenos Aires and the Argentina Association of Parents of Autistic Children (APADEA), we are making progress in completing a project to install a Center for Autism, unique in our region. We estimate some 10,000 beneficiaries per year, which will be children not included in the current health system, as well as those who are already.

The installation site was donated by the FAdeA Foundation. Our aim is to restructure existing facilities, expand and equip them to develop care and diagnostics for future treatments, training seminars for doctors and psychologists, and lay the groundwork for a permanent residence for autistic children orphans.

Free legal service, care and containment for parents and families, congresses, among other activities will be offered. Currently APADEA and Rotary partially perform this mission, but the project will significantly expand the actions to perform.



The author speaking about autism at a Rotary gathering.

The project involves an investment of US\$180,000, where we got the Argentina Government commitment, to contribute with US\$80,000. We think a Global Grant through The Rotary Foundation for the remaining US\$100,000, for which we need the support of clubs and districts. That's the next step.

Rotarians from Brazil and Peru, plus Argentina, expressed their interest in participating in joint actions. I experienced that by attending District Conferences in past months in those countries as a representative of RI 2015-2016 President Ravindran and in my role as Endowment Major Gift Adviser of Zone 23 B and C. During my speeches, I explained about HEWRAG and about what we are doing, and certainly there is a great way to go.

TGD.PADRES TEA in Argentina is another organization working for the spread of autism spectrum disorder. We are supporting them and conducting joint exhibitions, extolling the value of HEWRAG to support a worldwide global impact. We must remember that it is estimated that by 2025, 50% of children born might be autistic.

At the 2017 Atlanta Convention, we'll participate with a team of Rotarian professionals to strengthen contacts and relationships in the House of Friendship and gladly share information at the specific session of our RAG. We invite you to join us.

For more information, please contact Past District Governor Miguel A. Martinez Pereyra / socios@rotary-montserrat.org / mpconsu@fibertel.com.ar / vajufe2003@gmail.com www.rotary-montserrat.org/ www.apadea.org.ar www.hewrag-la.org



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Autismo. Una Discapacidad Que Sigue Creciendo



Youth supporting autism programs.

Como Director del HEWRAG, designado durante la última Convención Mundial en Seul, Corea del Sur, agradezco tal distinción y me complace compartir el estado actual acerca de nuestra acción de servicio sobre AUTISMO, que venimos desarrollando desde Argentina y con proyección en los países latinoamericanos.

A través del RC de Montserrat en Buenos Aires y con APADEA –

Asociación Argentina de Padres de Autistas- estamos avanzando en la realización de un proyecto para instalar un Centro de Atención Autista, único en nuestra región. Estimamos unos 10.000 beneficiarios por año, que serán niños no incluidos en el sistema actual de salud, como también aquellos que ya lo están.

El lugar de emplazamiento fue donado por la Fundación FADEA y es nuestro objetivo reestructurar las instalaciones actuales, ampliarlas y equiparlas para desarrollar atención y diagnósticos para futuros tratamientos, seminarios de capacitación para médicos y psicólogos y establecer las bases para una residencia permanente de aquellos niños autistas huérfanos.

Asimismo se ofrecerá servicio legal gratuito, atención y contención a padres y familias y realización de Congresos, entre otras actividades. Actualmente APADEA y Rotary realizan parcialmente esta misión, pero el proyecto ampliará significativamente las acciones a realizar.

El proyecto contempla una inversión de usd 180.000, donde logramos que el Gobierno de la República Argentina se comprometiera a una donación de usd 80.000. Pensamos en una Subvención Global a través de La Fundación Rotaria para conseguir los usd 100.000 restantes, para lo cual necesitaremos el apoyo de clubes y distritos del exterior. Ese es el próximo paso.

Rotarios de Perú y Brasil además de Argentina, manifestaron su interés en participar en acciones conjuntas. Tuve esa experiencia al asistir meses pasados a Conferencias Distritales en esos países, como Representante del PRI 2015-2016 Ravindran y en mi rol de Asesor de Fondos de Dotación/Donaciones Extraordinarias de la Zona 23 B y C. Expose sobre HEWRAG y hay un gran camino por recorrer.

TGD.PADRES TEA es otra organización en Argentina que trabaja por la difusión del trastorno del espectro autismo. Estamos apoyando y realizando exposiciones



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conjuntas, exaltando el valor del HEWRAG como apoyo a un impacto global mundial. Debemos tener presente que se estima que en el año 2025, el 50% de los niños que nazcan, podrían ser autistas.

Gracias a las autoridades del HEWRAG. En Atlanta 2017 participaremos junto a un equipo de profesionales rotarios para fortalecer contactos y relaciones en la Casa de la Amistad y con mucho gusto compartiremos información en la sesión específico de nuestro RAG. Los invitamos a sumarse.

Help Educate Women Around the World about Cervical Cancer With Lady Ganga!

Frederic Lumiere, Filmmaker, President, Lumiere Media, Inc.

Editor's Note: Lady Ganga has been widely honored and recognized by media and organizations including CNN, NBC News, Reuters, PEOPLE Magazine, imdb.com, the United Nations 2016 World Cancer Day, Cervical Cancer Action, and the Rhode Island International Film Festival. Translated versions of the 15 minute film in an increasing number of languages can be downloaded at ladyganga.org at no cost in various formats for numerous uses including Rotary meetings, television, cinemas, and to view on devices such as tablets and smart phones.

Can a film change the world? This brave woman thought it could, and she was right.

Now available in more than 20 languages and soon 60! The short film **Lady Ganga: Nilza's Story** is saving lives around the world to help women protect themselves and their children against cervical cancer and other HPV related cancers. Every 2 minutes, a woman dies of cervical cancer.



Women watching "Lady Ganga: Nilza's Story" at the Himalayan Women's Health Project. (August 2016)

Since Michele Baldwin passed away, more than 1 million women have lost their lives to this preventable cancer. But in just one week in August 2016, with the help of this short film, 1,600 women from some of the most remote regions in the Himalayas were screened for cervical cancer, and **274 potentially life-saving procedures were performed** by volunteer surgeons of the Himalayan Women's Health Project... and this is happening all over the world!

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After the week long women's health camp, Dr. Quek Swee Chong and his wonderful volunteer medical team from Singapore were congratulated by a very special guest: His Holiness the Dalai Lama.



Dr. Quek Swee Chong and his dedicated volunteer medical team from Singapore with His Holiness The Dalai Lama

**“Love and compassion are necessities, not luxuries.
Without them, humanity cannot survive.”
His Holiness the Dalai Lama.**

"Lady Ganga: Nilza's Story" is a free 15 minute film to be used as a tool for all around the world to educate and inspire women to protect themselves and their families from HPV related cancers. **Download it at ladyganga.org, and share it widely with others; you might help save a life.** Please include Lady Ganga: Nilza's Story in your Rotary Club, District, and Zone programs, training assemblies, community conversations, Rotaract gatherings, project planning discussions, grant-writing workshops, and other events. It is an important and effective tool to inspire women to attend cervical cancer screening opportunities and to have their children vaccinated.

Share it on your Rotary Club and personal social media, and add it on your websites. As a YouTube video, the film can easily be embedded in websites, and subtitles can be switched on and off.

Help Lady Ganga save lives...

For more information about Lady Ganga: Nilza's Story, please visit and contact: www.ladyganga.org, fred@ladyganga.org, www.facebook.com/ladygangathemovie



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Recap of HEWRAG Activities at the 2016 Rotary International Convention in Seoul, South Korea



The Rotary International Convention at the immense Korea International Exhibition & Convention Center (KINTEX) in Seoul, was memorable.

HEWRAG had a variety of scheduled activities, and its members participated in numerous events, sessions, and gatherings.

1. The HEWRAG Breakout Session: “Sustainable Health Education Projects and Community Health Fairs... Successful Examples from Around the World”

The session provided information about projects in China, Kenya, and India and gave an overview of a global initiative to eliminate cervical cancer. Participants were **Moderator:** Past District Governor Karl Diekman, Rotary Club of Woodland, California USA, District 5160, HEWRAG Board of Directors; and **Panelists:** Past District Governor Jane Little, HEWRAG Co-Chair, Rotary Club of Homer Downtown, Alaska, USA, District 5010; Past Assistant District Governor Sheila Hurst, HEWRAG Co-Chair, Rotary Club of Redding West, California, USA, District 5160; Yash Pal Das, Rotary International Director 2011-2013, Rotary Club of Ambala, India, District 3080, HEWRAG Board of Directors; and Ambassador Sally Cowal, Senior Vice President, Global Health, American Cancer Society, Washington, D.C., USA.



From left, Yash Pal Das, Jane Little, Karl Diekman, and Sheila Hurst



Ambassador Sally Cowal

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See the Session PowerPoint presentation at <http://www.hewrag.org/blog-links>.

Since Ambassador Sally Cowal was in Copenhagen at the time of the Convention, she participated in the session by video. Watch her presentation about cervical cancer at youtu.be/cCM7RszsHI4

Editor's Note: The following announcement appeared in the July 2016 Quarterly Review of American Cancer Society Global Cancer Control Programs and Activities.
http://acs.informz.net/Admin31/templates/Template_Html_Adv.asp?mfqid=28075844&test=t

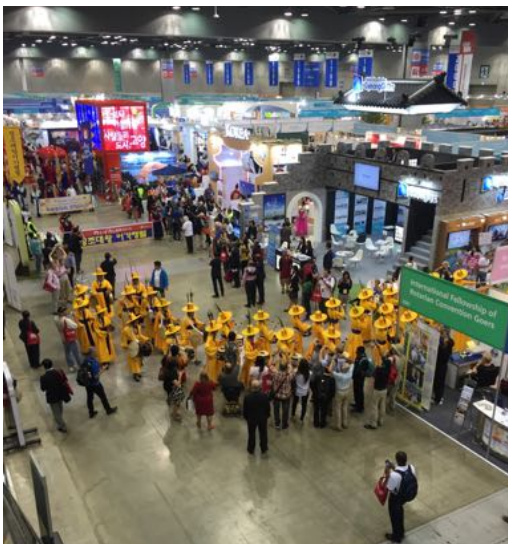


Ambassador Sally Cowal sends video message to Rotary International Convention

At the 2016 Rotary International Convention earlier this year in Seoul, South Korea, the Health Education and Wellness Rotarian Action Group hosted a breakout session that included an overview of a global initiative to help eliminate cervical cancer.

Although American Cancer Society Senior Vice President of Global Cancer Control Sally G. Cowal was unable to attend the Convention, the honorary Rotarian sent a video message to thank Rotary Club members for all their work with cervical cancer awareness and to outline how we can all continue to work together to promote cervical cancer screening and education across the globe. Visit youtu.be/cCM7RszsHI4 to watch the video.

2. The HEWRAG Information Booth in the House of Friendship:



The House of Friendship was vast.

At the House of Friendship, hundreds of booths and exhibits featured The Rotary International Foundation Resource Center, Rotary service projects, Rotary Fellowships, Rotarian Action Groups, local businesses and local Rotary Clubs, food and entertainment, and official sponsor booths displayed products and services of Korea's leading companies.

The HEWRAG Booth, surrounded by activity and excitement, attracted many Rotarians who stopped by to share news, to visit, to exchange information, and to become members.

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The HEWRAG Booth in Seoul.

From Left: Edwin Ngoi, We Rotary eclub of District 5000 (Hawaii)

District Governor Nominee, Jeff Bamford, Rotary Club of Karen-Nairobi, Kenya, District 9212, HEWRAG Board of Directors

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

Karen Kankkunen, Rotary Club of Logan, Australia, District 9630, HEWRAG Board of Directors

Past Assistant District Governor, Sheila Hurst, HEWRAG Co-Chair, Rotary Club of Redding West, California, USA, District 5160

District Governor Elect, Gary Vilhauer, Rotary Club of Danville, California, USA, District 5160

3. The HEWRAG Annual Meeting: May 30, 2016, KINTEX, Seoul, South Korea.

Meeting called to order by Co-Chairs Jane Little and Sheila Hurst at 4:30 pm.

Current membership and financial reports were provided.

Elections were held for the Board of Directors. Members leaving the Board were thanked for their service, and new members were welcomed. (The list of members of the Board of Directors and the Advisory Board is provided later in this newsletter.)

HEWRAG currently has three major areas of emphasis: Medical/Dental Missions and Health Fairs, Oral Health and Nutrition, and Cervical Cancer. The following reports on these areas were given:

- Jane Little: successful 2016 Medical/Dental Mission in the Rakhine State in Myanmar and April 2017 Medical/Dental Mission in Liangshan, China,
- Sheila Hurst: final activities of Kenya Smiles Global Grant,
- Karl Diekman: cervical cancer prevention collaborative activities,
- Jeff Bamford: continuing Kenya Smiles activities by Rotary Clubs in Kenya,
- Miguel Martinez Pereyra: Autism Spectrum Disorder projects in Argentina,
- Dr. Sanjay Kalra: suggestion to add oral cancer detection to the medical missions, a suggestion to be provided to future medical and dental teams.

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Discussion topics:

- Membership income and methods and strategies to increase financial resources such as potential sponsors, corporate partners, fundraisers, and other ideas.
- Board member Will Files in Homer, Alaska developing a records management plan.
- Creation of management pods in conjunction with the Peace Rotarian Action Group in development stages.
- Plans for the Rotary International Convention in Atlanta, Georgia 10-14 June 2017: a Breakout Session, a booth in the House of Friendship, and the Annual Meeting.

Meeting adjourned at 5:45 pm.

4. Information and Planning Meetings for the 2017 Medical Mission to China

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

During the Rotary International Convention in Seoul, she coordinated an information meeting and a planning meeting with Rotarians from China, the United States, Australia, Singapore, Taiwan, and India.



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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 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.

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.

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 February 2017.

To submit an article about Health Education and/or Wellness for consideration in the September issue, please write to hewrag@gmail.com by or before January 10, 2017.

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