



Giving Light to the World



CANADIAN EYESIGHT GLOBAL



www.CanadianEyesight.org

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NEWSLETTER OCTOBER 2018

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October 7, 2018 - The implant (IOL) lens surgeries Camp in Rayya Village in Amritsar, Punjab, India.

Your Support = Our Success

Sri Guru Hargobind Sahib Mata Sulakhani
Eye Hospital Society, Amritsar, India
Nirmaljot Eye Hospital, Amritsar, India,
Rotary Club of Amritsar South East, India
and dedicated volunteers.

Arora Eye Hospital & Retina Centre, Jalandhar, India.
Rotary Club of Jalandhar West, Jalandhar, India.

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SURREY
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NEW WESTMINSTER

Rotary
Club of Surrey





THE GOVERNOR GENERAL
LA GOUVERNEURE GÉNÉRALE



RIDEAU HALL
OTTAWA

In my work as Canada's Governor General, the kindness of Canadians is a constant source of inspiration. Since the beginning of my mandate, I have met hundreds of decent, modest people who tell me that they are happiest when they are helping others. In the long list of their acts of compassion, there are always a few initiatives that stand out and the Rotary Project Eyesight-India is an example.

Since 1989, Canadian Rotarians have sponsored and organized free cataract surgery operations in rural India and their efforts have improved the eyesight of over 40,000 blind or visually impaired people. We who are blessed with good vision can barely imagine the desolation of its loss, but we can certainly appreciate the enormous joy of having it restored.

I am pleased to have this opportunity to congratulate the supporters of Rotary Project Eyesight-India. Your work brings sight to those who live in the shadows, and your achievements prove that, with enough determination, the compassion of Canadians can literally be a light to people around the world.

Adrienne Clarkson

July 2000

Executive Desk

Anup Jubbal *A trader in every sense*



Anup Jubbal is a trader. Nothing more, nothing less. He conducts his business from an air conditioned office in Kamloops.

And if you sense a hint of the Baghdad market place about him—it's real. He had a rough time in Baghdad eight years ago, on his way to Canada.

"They wouldn't let me take much money out of the country," he says, "so I took goods instead."

He had a visitor's visa for Canada and he had closed down his catering business which supplied food to passengers on the ferry serving the islands. His wife and three children went to stay with her parents in Lucknow.

The trouble in Baghdad actually started in Basra, Iran, where Jubbal landed. Customs officials seized his trunks and sent them to Baghdad. Jubbal waited three days before officials in Baghdad found an interpreter and another week before his goods were cleared for the three day bus trip to Beirut.

"Beirut was a free port," he recalls, "and I had no trouble there. I made 400% or 500% on some goods and I sold enough to pay my expenses and my train fare to Istanbul."

He had his pocket picked in a railway station in Syria. But he had enough money hidden in his shoes to buy his baggage back from the freight agents and sold enough to continue on his way.

He spent three months in Europe selling his wares and making contacts in half a dozen countries, but his strongest memories are of the railway station in Nice

where he sold about \$175 worth of goods in 10 or 15 minutes.

Six months after he arrived in Kamloops he bought his first house for \$8,000 and three years later when he brought his wife and children to Canada in 1972 he owned five houses including the rooming house he lived in when he first came to town.

Personally and through his three wholly-owned companies—Jubbal vestments Ltd., Canadian Building Supplies Ltd and Canadian International Export-Import Ltd., he now owns 52 acres of residential land in the Kamloops suburb of Barnhartvale, about an acre of the suburb of Westsyde, nearly 14 acres of suburb of Brocklehurst and four houses.

He is also president and half owner of D&J Enterprises Ltd., which developed the 40-lot Guru Nanak subdivision in Westsyde in which he lives.

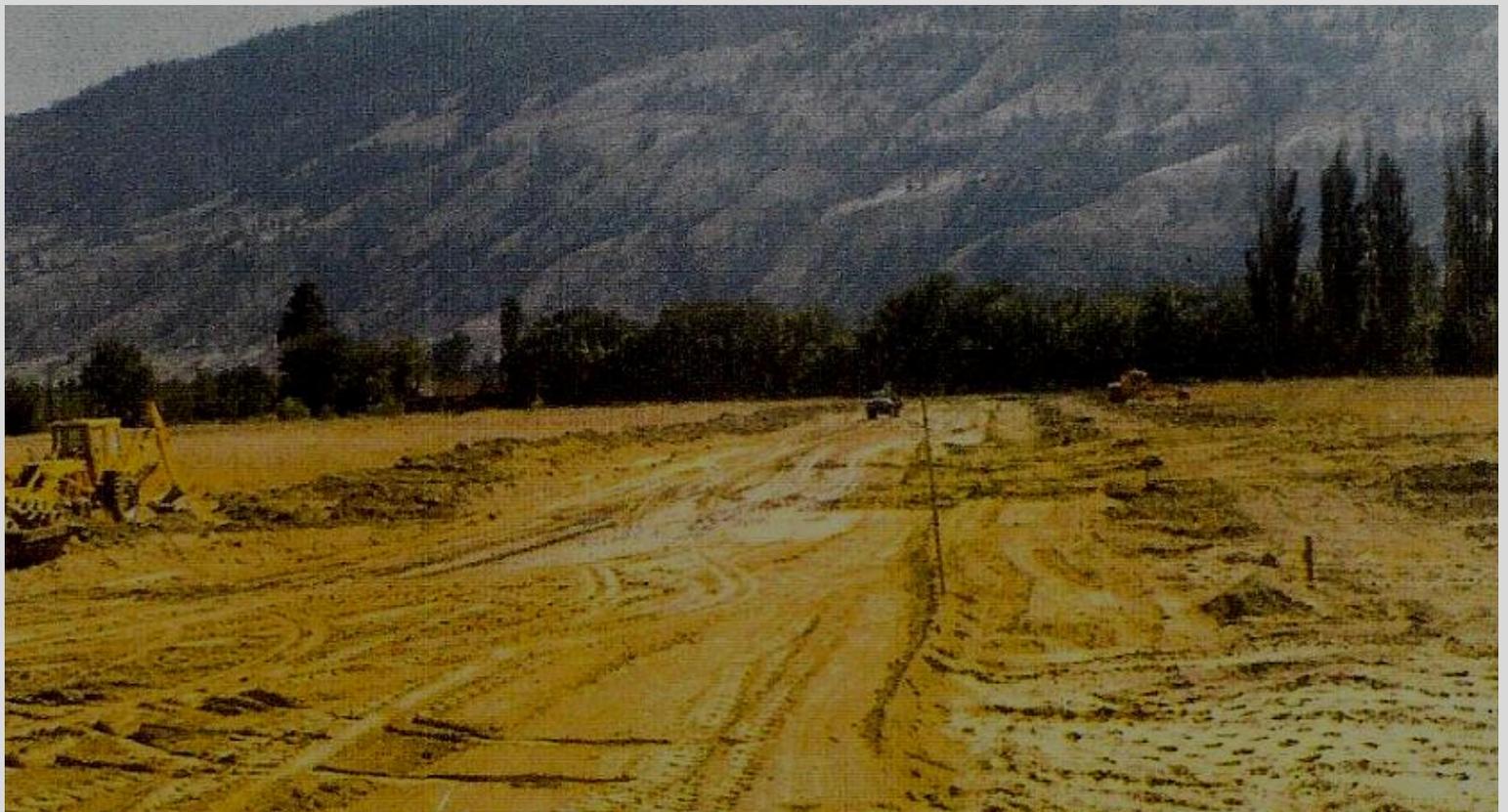
Now he is planning to build a 20,000 square foot self-service showroom for Canadian Building Supplies Ltd. On a 3.75 acre lot on Brocklehurst and to open a building supplies retail outlet to self decorative plywood from Asia and a line of hand tools he began importing this year from Mainland China.



Anup Jubbal's Daddy and Mummy visited from India to Canada. 1980.



Another office on the same lot will house his Canadian International Export-Import Ltd., a company he hopes will sell Canadian building supplies and prefabricated houses to the Middle East.



1972 Development of Guru Nanak Blvd. 40 Lots Sub Division, by Anup Jubbal, President, D & J. Enterprises Ltd. Westsyde, Kamloops, BC.

The News

Kamloops' Best-Loved Newspaper

NO. 134 MONDAY - NOVEMBER 14, 1977 42 PAGES

From
ANUP'S ALBUM



KAMPLOOPS RESIDENT Anup Jubbal (right) had the honor of being presented to Sheik Abdulla Al Jabu, special advisor to His Highness The Amir during a trip to Far East trade fairs recently. In centre of

photo is Sheik's interpreter.

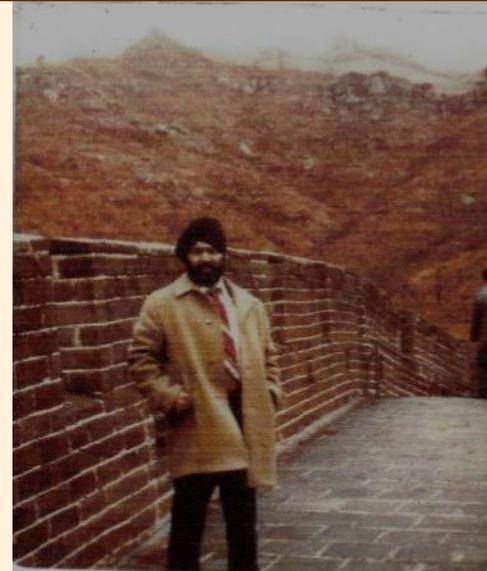
Jubbal reports that local people should try the Far East if they think the cost of living is high here. He paid \$1 for a cup of coffe in Kuwait, while hotel

rooms go for \$100 a day.

Jubbal, who operates Canadian Building Supplies, was one of 21 Canadian businessmen who attended the Tehran and Kuwait trade fairs.



KUWAIT 1977 - His Highness Sheikh Abdullah Al Jaber with Anup Singh Jubbal and others.



Kamloops Daily Sentinel Monday, Oct. 6, 1975

Globe-trotting importer is off to Red China

A globe-trotting local business man who returned from a round the world business trip a few months ago is off again next month, this time to China.

Anup Singh Jubbal of Westsyde, an importer and land developer, is joining the next Canadian trade delegation to the industrial fair in Kwangchow and will be looking for contracts for building materials for the business he is planning in Brocklehurst.

A member of Canadian Importers Association, Mr. Jubbal will be spending a week in China and then travelling with the delegation to Singapore, Philippines, Hong Kong and Tokyo.

His last trip covered much of the same are, but this time the attraction will be the wide range of products on display in China.

"There are many fine products made in China," Mr. Jubbal said. "and compared to prices here they are very cheap."

His purchases will go into a large lumber and building supply store he is planning on Tranquille Rd.

With 12,000 square

feet floor space, the store will work on the serve-yourself principle, and stock a full range of supplies, he said. Next door to the yard will be the office of an exporting firm, from which Mr. Jubbal intends to send Canadian building materials to Iran.

"When I was in Iran I found a very strong demand for bricks, plywood and all the basic building materials. The same situation exists in Kuwait, mainly because of the very rapid expansion that is going on in those countries right now," he said.

"What I would like to see is a more outward looking attitude in Canadian business men," Mr. Jubbal explained. "There are many very good markets for Canadian Goods and I think local traders should explore possibilities outside their own backyard."

One bogey that shouldn't be taken as serious as it is, is inflation, he said.

"When you travel and see how other people live, the inflation issue is not as big as it need to be. Canadian businessmen should travel and see this for themselves.

Worldwide trip convinces businessman that 'Canada is the best place'

A trip around most of the world has convinced a Kamloops businessman that Canada is the best place in the world.

Anup S. Jubbal, 740 Kyle Dr., Westsyde, has just returned from a three-month trip to several European countries, the Middle East, Iran, Turkey, India, Kuwait, Hong Kong the Republic of China, the Philippines, Singapore, England, Japan and Hawaii.

The purpose was to arrange contracts for building materials to be imported for the business supply outlet he plans to open on Tranquille Road near the airport.

Jubbal has built an investment, land development and import business. He is president of Jubbal Investments Ltd., which owns 52 acres in Barnhart Bale about an acre of 8th St., and about four acres on Tranquille Road, where he is going to establish the building supplies centre. He is also president of D and J Enterprises, developers of Guru Nanak Subdivision on Westsyde Road.

LARGE HOUSE

He lives in splendor in a \$100,000 house on the subdivision that contains, among other things, 12 telephones, five bathrooms, five carports and tiles from Italy. An identical house is next to it. He rents part for \$300 a month.

Jubbal came here by accident. He moved from India to New York, and was

on a train bound for Vancouver.

"It was my intention to stay in a small community," he says. "I met some people who told me Kamloops was a nice place to stay, so I got off here."

Since he had the contacts with the international suppliers, he decided to start an importing company. Jubbal is still a landed immigrant, but plans to apply for Canadian citizenship. Two of his five daughters were born in Canada.

FIRST TRIP HOME

It was his first trip home. He saw his parents, who are coming to visit here next year, and is arranging for two brothers to move here to help with the business.

Through contacts with 120 countries, Jubbal plans to import decorative plywood, doors, picture frames, wooden spindles, hardware, plumbing fixtures, roofing and sliding. He will wholesale goods to other areas as well as retailing them here. Local products will also be sold.

The store will have 12,000 square feet of space, and employ six to 10 people. These will be his first employees here.

About 24 to 49 lots in the Westsyde subdivision have been sold.

After graduating from high school in his native country, Jubbal entered the business world as a contractor and

sawmill operator. Most of his construction work involved government buildings and railway contracts. He owned and operated a sawmill which handles teak, biza, saal and other exotic woods.

NO BETTER PLACE

"There is no better place in the world than Canada," he said. "The standard of the common man here is like the kings of old in other countries."

"People here are making \$10 an hour, and figure that is not enough. People in some countries make \$2 or \$3 a day, and are happy."

Jubbal says he paid \$15 in some countries for steak, which costs about \$4 here. He could spend \$100 a day with no trouble.

He said he was accepted in all countries, even though he still wears a turban.

In typical Indian style, Jubbal never saw his wife before their marriage. Their parents arranged it all.

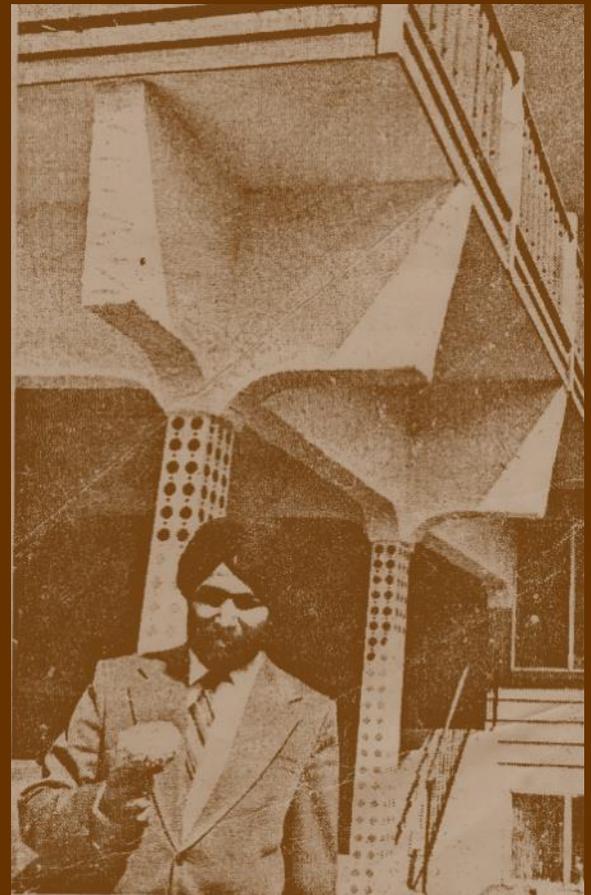
"I never heart of divorce. In India, the parents step in if something goes wrong in a marriage."

"There is no welfare system in India like there is here. The children are the welfare for the old people. I would never do anything to hurt my parent's feelings."

He said immigrants are able to fit easily into Canadian life because they are not used to such extravagance.

Jubbal is not afraid of the present recession, saying it is

Memories of Anup S. Jubbal



KAMLOOPS BUSINESSMAN Anup S. Jubbal holds an Indian marigold outside his elaborate Westsyde home.

Jubbal has returned from visiting many countries to arrange supplies of building materials for a store he plans near the airport.

just temporary. He said manufactures abroad are "very, very interested in trading with Canada."

He has a brother in Vancouver, who operates his own business.

Wife Saroop came to Canada two years after he

did. Daughters Bitie, 2½, and Ripe, 1, were born in Canada. Neena, 12; Munna, 9; and Rosy, 6 were born in India

Saroop and family paid a four month visit to India before Jubbal left on his trip.



Canadian merchant visit Kuwait

VISITING Kuwait again, after a lapse of three years is Mr. Anup Singh Jubbal, (to picture) a leading Canadian timber and lumber merchant, who owns vast estates in Kamloops district of British Columbia.

Jubbal has many business connections in the Middle East, especially in the Gulf States and Saudi Arabia, and he visits these regions periodically to increase business and also to seek personal contacts with the businessmen here.

He was last in Kuwait in 1977 when he had participated

in the Bexpo Exhibition in the Messilah Beach Hotel, His company — Canadian Building Supplies Ltd. — had put up a stall at the Exhibition.

This time, Jubbal has come to establish his own office in Kuwait and is also organizing a seminar on Canadian Lumber, Timber and Housing Materials: at Sheraton Hotel 6.00 pm on Saturday evening, at which he will speak on the Canadian Timber industry and also show documentary films on it.

Jubbal sees great future for Canadian exports to Kuwait and the Gulf region and said that the Canadian timber was unmatched in quality, standards and durability.

Jubbal is here seen with the Special Amiri Advisor, Sheikh Abdullah Al Jaber, and others at the Bexpo Exhibition in Kuwait in 1977.

City Page

Kamloops Daily Sentinel
Sat., Nov. 23, 1974

PERSONALITY PROFILE

**Memory journey
for importer**

Anup Singh Jubbal came to Kamloops six years ago and went into the investment, land development and import business. The enterprises have grown considerably since then.

Mr. Jubbal first entered the business world in 1954 in his native India after graduating from high school.

While in India, he was a contractor and a sawmill operator.

As a contractor most of his work consisted of erecting government buildings and handling railway contracts. "The biggest contract we had was a 100-bed hospital," he says.

As a forest contractor he owned and operated a sawmill which handles teak, biza, saal and many other types.

There are more varieties of trees in India than there are in B.C., he says.

In 1964 he moved to Port Blair on the Andamans Islands, about 800 miles southwest of the Indian mainland. He continued to contract for the provincial public works department.

At Port Blair Mr. Jubbal decided to apply for an Indian passport so he could visit Canada. That was in 1968.

On his way over here he travelled through the Middle East, the Balkan countries, Italy and France.

He landed in New York, went to Toronto and caught a train bound for Vancouver because a lot of Indian people lived on the west coast.

LOOKING AROUND

"While on the train, I talked to some people who said Kamloops was a nice place so I got off at Kamloops," he says.

"I looked around for two or three months and since I was a businessman, I decided to set up an importing business in Kamloops, he said. "I had the contacts with suppliers overseas."

Mr. Jubbal is president of Jubbal Investments which owns 52 acres in Barnhart Bale, an acre on 8th St. and approximately four acres on the Tranquille Highway where he intends to set up a retail building supplies store.

He says his most recent undertaking is D and J Enterprises which is developing the Guru Nanak subdivision on Westsyde Rd. He is the firm's president.

Mr. Jubbal is married and he and his wife, Saroop, have five girls. Two of them were born in Canada.

"My parents are still in India and I haven't seen them since I left," he says, "but I will see them when I get to India while I am on a 90-day business trip."



ANUP SINGH. JUBBAL

The 90-day trip will take him to several European countries, the Middle East, Iran, Turkey, India, Hong Kong, the Republic of China, the Philippines, Singapore, Japan and Hawaii.

The purpose of the trip is to acquire building materials for the store he intends to open next summer on Tranquille highway near the airport.

Mr. Jubbal intends to import decorative plywood, doors, pictures, frames, wooden spindles, hardware, plumbing fixtures, roofing and siding.

He says Canada is the best country in the world.

"It's a strong, rich country and the people are very friendly and courteous, especially those in B.C.



**ANUP SINGH. JUBBAL
on the Great Wall of China**



**Everybody deserves
a choice**

Many times, we expect those who are in need to accept anything we give them, because we just assume they are not entitled to make a choice.

By giving them the opportunity to choose, we empower them to have some control in their lives.

Giving the ability to see is giving people that choice, for them see the world around them and make the choice on their own.

**"Life is a great adventure ...
or nothing."**

said Helen Keller, the first deaf-blind person in America to conquer her blindness to realize the great adventures of life and earn a Bachelor of Arts degree.

But for most of the visually handicapped poor, life is 'nothing' because it affects them socially and economically on a daily basis.

India has the largest blind population in the world:

- 8 Million people totally blind
- 55 Million are visually impaired
- 320,000 are children
- 80% are either preventable or curable

**Project Eyesight India
was born out of this vision.
Our mission continues through
Canadian Eyesight Global
and its partners.**



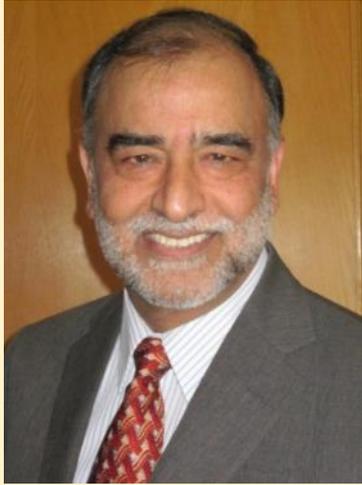
PROFILE OF THE MONTH

Dr. Jawahar (Jay) Kalra MD, PhD, FRCPC, FCAHS

Professor, Department of Pathology and Laboratory Medicine
College of Medicine,
University of Saskatchewan and Royal University Hospital
Saskatoon, Saskatchewan. S7N 0W8, Canada

Vice President (Community Services),
Canadian Eyesight Global

Phone: (306) 655-2152
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E-mail: jay.kalra@usask.ca



and scientific societies.

Dr. Kalra is a dedicated physician who has gained international acclaim for his role in laboratory medicine reorganization, and has contributed globally in the area of total quality management and lean transformation strategies.

He has published extensively and is the author of the book "Medical Errors and Patient Safety: Strategies to reduce and disclose medical errors and improve patient safety."

He is a recipient of more than 30 awards and honors including the 2012 Queen Elizabeth II Diamond Jubilee Medal, the 2012 CAME/ACÉM Certificate of Merit Award for Outstanding Contributions to Medical Education, and the 2015 CTV Saskatoon Citizen of the Year.

Jay has been actively involved as a volunteer with the Canadian Eyesight Global for many years and has participated in various Eye camps and fundraising activities. He is a supporter of the Canadian Eyesight Global mission and its objective.

Dr. Jay Kalra is a Professor of Pathology in the University of Saskatchewan and has served as Head of the Department of Pathology and Laboratory Medicine, Saskatoon Health Region. He is recognized for his many contributions as a clinical scientist, academic leader and health system administrator.

He has served as a national and international president of numerous medical associations



Dr. Jay Kalra is welcomed on arrival in Amritsar for the inauguration of the CEG Free Eye Camp at the Nirmaljit Eye Hospital on 8th December 2017.



Welcome to the Chief Guest Dr. Jay Kalra.



Inaugural Speech by Dr. Jay Kalra.



Presentation of traditional shawl to Dr. Jay Kalra.



Presentation memento and certificate of appreciation.

VIDEO LINK
Dr. Jay Kalra, inauguration of Eye Camp during his visit to Amritsar, India"

VIDEO LINK
Dr. Kalra, interview on TV, Amritsar

Canadian Eyesight Global successful Free Eye Camp was held at village Rayya, near Amritsar, Punjab, on Sunday, 7th October 2018.

A dedicated team of Dr. Rahul Kashyap and members of Rotary Club of Amritsar South East and volunteers participated. Free eye drops were given to the needy people. The patients selected for cataract surgeries were provided implant (IOL) lens surgeries free of charge at the Nirmaljot Eye Hospital, Amritsar, Punjab.



Leading Indian hotelier named Rotary International President

Fourth Indian to head Rotary International

1 Oct. 2018) - Sushil Kumar Gupta, chair and managing director of Asian Hotels (West) Ltd. and owner of Hyatt Regency Mumbai and JW Marriott Hotel New Delhi Aerocity, will begin his one-year term as president of Rotary International on 1 July 2020.

Gupta, a member of the service organization for 41 years, belongs to the Rotary Club of Delhi Midwest. As head of Rotary's global network of 35,000 clubs, Gupta aims to increase the organization's humanitarian impact and club member diversity.

"I'm humbled to join the distinguished ranks of those who have led this organization before me," Gupta said. "I hope to leave a mark on Rotary that reflects selfless leadership and an unwavering commitment to service."



India's 3,700 Rotary clubs and 146,000 members take action to address humanitarian challenges and implement sustainable projects that fight disease, promote peace, provide clean water, support education, save mothers and children and grow local economies. More than \$221

"I have tried to live a life based on ethics, optimism and a zeal for achieving targets. Given an opportunity, I shall leave no stone unturned to carry out this assignment in a dignified and purposeful manner."

million awarded over the past several years through The Rotary Foundation has supported these programs.

Sushil Kumar Gupta, a member of Rotary for 41 years, belongs to the Rotary Club of Delhi Midwest, will begin his one-year term as president of Rotary International on 1 July 2020.

Gupta has served as president of the Federation of Hotel and Restaurant Associations of India and on the board of directors of Tourism Finance Corporation of India Ltd. He was the president of Experience India Society, a public-private partnership between the tourism industry and the government of India that promotes India as a tourist destination. He is currently vice chair of the Himalayan Environment Trust and serves on the board of Operation Eyesight Universal in India.

Sushil Gupta Rotary International President Elect for 2020-21

HIS VISION:

Last year Rotary world approved a new vision statement "Together, we see a world where people unite and take action to create lasting change — across the globe, in our communities, and in ourselves."

To translate this Vision into Reality Rotary needs to evolve with governance, engagement, brand positioning, sincerity of purpose and innovative leadership.

Rotary is a very structured organization and the bottom of the pyramid are the Rotary Clubs and therefore, it shall be my endeavor to encourage Clubs to focus on increased gender & broad based membership, strong humanitarian service and also to pay special attention to inculcate leadership qualities and adherence to the core values of Rotary.

As individuals, we can only do so much. But when 1.2 million Rotarians work together, there is no limit to what we can achieve and in the process we can truly change the world.

HIS GOALS:

- To work with President and President Elect for a common goal to make Rotary as most preferred service organization.
- Work with the Board, General Secretary and Secretariat to broad base and enhance our membership
- Continue to improve service to the Clubs & Rotarians for a

harmonious Rotary world.

- To pursue our goal of Polio Eradication and work with the team in conceptualizing a new corporate program post Polio.
- To expand our footprint of humanitarian service by continue to partner with Corporates and like-minded organizations.
- Continue to develop a strong partnership between the volunteers and the staff members.
- To reduce expenses where ever possible and bring in more financial stability for the Rotary International

Rotary Young Leaders in Action

Engaging the next generation of Rotary leaders

World Interact Week
5-11 November

Indian real estate investor donates US\$14.7 million to The Rotary Foundation

Saying that Rotary is “transparent and honest,” Indian real estate investor Ravishankar Dakoju, and his wife, Paola, recently donated US\$14.7 million (₹1.06 billion) to The Rotary Foundation.

Ravishankar, a senior member of the Confederation of Real Estate Developers’ Associations of India and president of the Rotary Club of Bangalore Orchards, Karnataka, India, announced the gift during the installation of District 3190 (Andhra Pradesh and Karnataka) leaders on 1 July.

His donation is one of the largest gifts in the Foundation’s history.

“I am delighted to make a meaningful contribution of my life’s earnings toward the six areas of focus, including community development, education, health, and sanitation,” Ravishankar said. The gift will establish a named endowed fund within the Foundation to support high-impact and sustainable humanitarian and educational projects.

Foundation Trustee Chair Ron Burton says Ravishankar’s gift is “extraordinary and truly transformational, not just for those who will benefit from the Rotary projects funded by the



Ravishankar Dakoju, and his wife, Paola.

gift, but also for our Foundation, as it encourages other Rotarians to think big and select Rotary for their charitable giving.”

Ravishankar said his charitable interests particularly include helping people in India, women’s empowerment and social harmony.

“For me, Rotary has been a learning experience. It’s like a buffet: It’s up to you what you want to take from it,” says Ravishankar. “Rotary gives you the opportunity to make change.”

Meet 6 trailblazing young leaders

Six members of Rotary and Rotaract will be honored this November as People of Action: Young Innovators during Rotary Day at the United Nations in Nairobi, Kenya.

These innovators -- all under the age of 35 -- are being recognized for their commitment to solving problems with measurable and lasting results, connecting local issues with global concerns.

Albert Kafka

Rotaract Club of Wien-Stadtpark and Rotary Club of Wien-Oper, Austria

Intarconnect Mentoring and Generation Projects

Pairing members of different generations in a one-year mentoring relationship where they learn from each other and participate in service projects.



Charlie Ruth Castro

Rotary E-Club of Sogamoso Global, Colombia

Innovative New Beginnings

Teaching vocational and business skills to incarcerated women and empowering them to create new opportunities for themselves.



Christina Hassan

Rotary Club of Calgary Fish Creek, Alberta, Canada

FullSoul

Training midwives and supplying safe, sterile childbirth equipment to hospitals in Uganda.



Paul Mushaho

Rotaract Club of Nakivale, Uganda

Nakivale Refugee Settlement

Organizing a Rotaract club in a Ugandan refugee settlement that conducts various service projects in the camp

Shadrack Nyawa

Club: Rotary Club of Kilifi, Kenya

Water and sanitation for primary schools

Traveling to remote schools in Kenya to find those most in need of toilets and hygiene education.



Ludovic Grosjean

Rotaract Club of Melbourne City, Victoria, Australia

Ocean CleanX

Founding a pioneering company that is developing new technology to monitor pollution and remove it from waterways

[READ MORE . . .](#)

**On November 10, 2018
Rotary Day at the United Nations celebrates two organizations’ shared vision for peace and highlights the critical humanitarian activities that Rotary and the UN lead around the world.**

[LEARN MORE . . .](#)

Rotary Club of Surrey B.C.
New Member Installation

**The Rotary Club of Surrey adds
to its membership**

Assistant Governor (District 5050) Alf Marchi inducted new member Parveen Goel as a Rotarian to the Rotary Club of Surrey.



*With profound grief we
announce the sad demise of
our beloved*

Kulwant Kaur

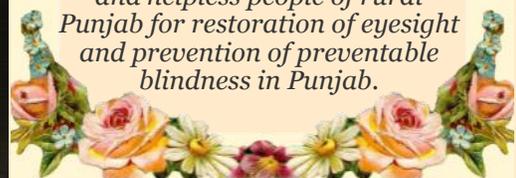
*w/o Amarjit Singh Jabbal,
Amritsar, India.*

*Kulwant left us all for her
heavenly abode after a
long illness.*

*We pray to
Almighty Lord
to rest her soul in
Thy Kingdom in peace
and
pray for the
Jabbal family members our
full support in these sad
moments of sorrow and
grief.*

*With sorrow and grief,
Anup and Saroop Jubbal
and dedicated members of
Canadian Eyesight Global.*

*Amarjit S. Jabbal
is a dedicated volunteer for more
than a decade with Canadian
Eyesight Global, helped the needy
and helpless people of rural
Punjab for restoration of eyesight
and prevention of preventable
blindness in Punjab.*



New member Praveen Goel pictured with the leadership and members of Rotary



Rotary Club of Surrey B.C. Annual Book Sale a Huge Success

Congratulations and Best Wishes to Rotarian Charlie Molnar for his dedicated leadership and to members of Rotary Club of Surrey, BC., for the successful book sale at the Guildford Town Center, Surrey, BC., held from September 24th to 30th.



Garry Thind
Personal Real Estate Corporation

Congratulations and Best Wishes to Garry Thind for being elected as Trustee to the Surrey School Board, BC.

Garry Thind, is a Past President of Rotary Club of Surrey, BC and a great supporter of Canadian Eyesight Global.

Garry we are really proud of your dedication and a dynamic leadership, always ready and willing to support the community.

Best wishes and complements from:

Anup Singh Jubbal,
President and CEO (Founder)

and Board of Directors of Canadian Eyesight Global and members of Rotary Club of Surrey, BC.

Hola Amigos,

It's been a pleasure to be invited to two amazing Rotary Institutes, in Montevideo and Monterrey. In events like these I enjoy meeting old friends and making good new amigos.



You know that I'm a big Rotary promoter, and everywhere I go, I don't miss the opportunity to talk about the great work that Rotary is doing in the world. And the best way to do it is through my Frank Talk books!

And there's no excuse you don't have a copy of one my five books yet!

You can get the first one for free at: www.FrankTalkBooks.com.



6 SEPTEMBER, 2018

A container full of medical equipment and supplies being loaded for Siquijor Island in the Philippines, sponsored by the Rotary Club of Langley Central.

Rotary World Help filling hospitals a world away

ROTARY WORLD HELP is a non profit organization aimed at collecting and distributing medical equipment & supplies, dental, optical, education & sports equipment and disaster relief supplies to international recipients in need.

Rotary World Help is a non-religious, non-political charity run by Rotary Clubs from British Columbia, Canada.

It all started in 1992 when District 5040 sent a delegation of Rotarians to the former Soviet Union to assist with establishing the first Rotary Club in Kiev in the Ukraine. The delegates saw the state of the medical facilities and decided to find a way to help.

In 1993, the late **Ted Segodnia** together with fellow Vancouver club Rotarians, **Bill Richwa** and **Ralph Towsley**, organized the first shipment of medical supplies and equipment to Kiev. Bill, Ted and their wives went to Kiev to oversee the distribution of the supplies. When they returned home they found more supplies waiting for them, so they convinced the Vancouver club to carry on the project as an international service project.

By 1997, Bill and Ralph realized the project was becoming too big for one club, and needed to evolve to survive. As a result, the Rotary clubs of the Lower Mainland of British Columbia World Help Network was sanctioned by Rotary International, incorporated as a society in BC and received their registered charity status from Revenue Canada.

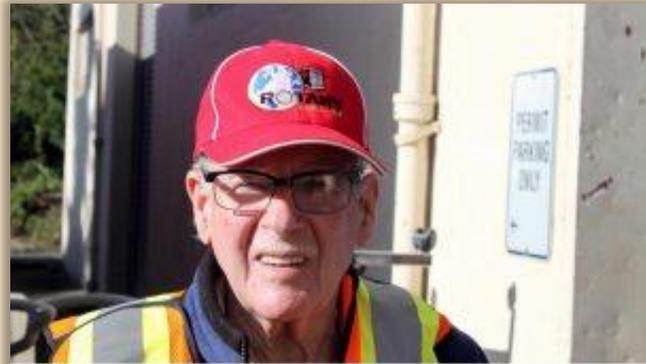
Operating as **Rotary World Help Network**, its membership was made up not by Rotarians, but by Rotary clubs. There were seven Rotary clubs who originally joined and each club paid \$10 in fees per club member to Rotary World Help Network to help cover the administration costs.

Originally, we mainly gathered and sent medical supplies to hospitals which had been built but couldn't fully operate because of a lack of supplies or equipment. Today, medical supplies and equipment are still our main focus, but we have expanded to include dental and optical, education, and sports equipment and disaster relief supplies.

In 2012 we passed our **first major milestone** when the estimated value of the goods shipped passed **100 Million dollars!**

In 2013 we passed our **second major milestone** when we shipped our **300th container!** We should all feel very proud.

In 2012 we decided to shorten our name to Rotary World Help or RWH and to update our branding with a new logo, and website. We also produced a DVD, **Rotary World Help 2013** which tells our story and successes.



Ralph Towsley - Still Out at Every Loading!



Jim, Brian and Larry - Faithful Loaders!

Our Numbers at August 31, 2018



Rotarians and non-Rotarians - People of Action



15 Indian Herbs to Cleanse the Blood

Trina Remedios NOVEMBER 28, 2013

Lack of physical activity, poor consumption of healthy food, and over consumption of animal based products can lead to a build-up of toxins in the blood and body. Cleansing the blood, is a good way to improve immunity, prevent heart diseases, improve overall health and fight cancer. Try these 15, popular Indian herbs, which are known for their blood cleansing properties. **But, before you embark on any kind of detox, check with your health practitioner.**



Neem

Neem has antiseptic, anti-fungal and anti-viral properties that are vital for blood cleansing. Neem also helps fight blood clots and can be used to treat skin ailments, ulcers, arthritis, and gum diseases.



Honey

Honey helps in producing blood, protecting the arterial walls, improving blood circulation and purifying the blood. Honey is also anti-bacterial in nature, so it is a great way to prevent infection.



Amla

Amla helps in the assimilation of iron, improves the quality of blood and wipes out toxins from the body. Amla also fights heart disease as it nourishes the blood and improves blood circulation.



Mulberry

The Chinese believe that this berry cleanses the blood and increases the production of blood. Mulberries also protect the cardiovascular system and also detoxify the liver.



Guduchi

This herb is a detoxifying agent that purifies the blood. It is beneficial for those who smoke and drink alcohol as it helps purify the toxins which build-up in the blood.



Antamul (Tylophora asthmatica)

This flower has medicinal properties, which can cleanse the blood and can be used to treat respiratory illnesses like asthma and bronchitis. It is also called Khadari, Naippalai or Mendi in India.



Capsicum

Capsicum not only detoxifies the blood and the circulatory system, but also purifies the digestive system and regularizes blood pressure. Capsicum is also a good source of vitamin A, B and C and minerals like iron, calcium and phosphorous.



Dhatra ki jad (Burdock Root)

This root cleanses the blood by flushing out acids that harm the body. It also helps the kidneys purify blood and helps balance the hormones by releasing protein from the pituitary gland.



Manjistha (Rubia cordifolia)

This is one of the best herbs in Ayurveda, which



cleanses the blood from waste and toxins. It is also used as an immune regulator.

Bhutkesi (or Yarrow Flower)

This flower is a blood cleanser and promotes the functioning of the liver. It is commonly used for its anti-inflammatory properties in natural medicine. Bhutkesi grows in Kashmir, Uttarakhand and Himachal Pradesh.



Dandelion Root

The dandelion root is one of the best herbs to detox the liver and kidneys. But it also purifies the blood as it promotes the proper functioning of the liver and kidneys.



Pit Papda (Fumaria officinalis)

Pit papda is an age-defying herb that enhances the texture of hair and the complexion. This herb has several health benefits and works to improve blood production and purifies the blood.



Karanj (Pongamia glabra)

Get rid of the toxins and waste from the blood with karanj. Pongamia glabra or the karanj helps the kidneys flush out toxins from the blood and the skin.



Chobchini (Smilax China)

In herbal medicine, Chobchini is used to relieve pain and inflammation in the body especially in the joints. But it is also consumed as a blood cleanser. It is known as the China root but is effectively used in Indian herbal medicine.



Amar bel (Cuscuta reflexa)

Consume this flower, which is also considered a herb, because it cleanses the blood. Amar bel also helps promote liver and kidney health.



This article is provided for your information only. Before you undertake any of these treatments, you are advised to consult your family physician and/or health practitioner. Ethnic names given are in the language of the writer. Regional names maybe different.

C. V. Mohanan (Editor)



Rotary News in Brief



Special thanks from

Anup Singh Jubbal, MSM,
President and CEO (Founder)
Canadian Eyesight Global

to:

The members of board of directors,
Canadian Eyesight Global,

the President and members of
Rotary Club of
Surrey-Guildford, BC. Canada;

The team of

Dr. David. R.S.Neima,
MD, FRCS(C), Ophthl,

V.P. Overseas Programs, Canadian
Eyesight Global and associates,

for participating in the
Free Eye Health Clinics in B.C.,
since 2004;

Dr. Bhupinder Singh, M.S., and
associates and para-medical staff of
Nirmaljot Eye Hospital, Amritsar. India;

Rtn. Surjit Singh Arora, eye camps
coordinator, Amritsar and members of
Rotary Club of Amritsar South East and
dedicated volunteers;

PDG. Manjit Singh Sawhney and members
of Rotary Club of Delhi
South Metropolitan,
Delhi. India,
for supporting Eye Camps, since 1991.

Members and volunteers of Sri Guru
Singh Sabha Panchayan, Faridabad,
Haryana, India; **Dr. Shamim Ahmed** and
para-medical staff, City Eye Hospital, Nuh,
Haryana, India;

Hundreds of Rotary Clubs, local Eye
Hospitals and Para-medical staff and
dedicated volunteers in India, supporting
this noble eye project in India,
since 1989;

Dr. Amandeep Singh Arora, MS.
Arora Eye Hospital & Retina Centre and
Para-medical staff,
Jalandhar, India;

PDG. Dr. Surinderpal Singh Grover MD.
Rotary Club of Jalandhar West and
members, Jalandhar, India.

Rotary Clubs, Indo-Canadian Community,
Sikh Temples, Non-Governmental
Organizations in Canada and India.

Fighting modern slavery

An estimated 40.3 million people
around the world live in slavery
involving either sexual exploitation or
forced labor.

A new partnership with **Freedom
United** is giving Rotarians a chance to
do something to stop it.

5 hard facts on modern child slavery

1 in 4 victims of slavery are children

10 million children are considered slaves

300,000 child soldiers are forced to fight
wars

700 million women alive today were
married as children

17.2 million children are working as
domestic workers

Source: [Freedom United](#)

Canadian Eyesight Global

*Striving to eliminate avoidable
blindness by 2020 and to ensure
the best possible vision for all
people.*

*Your donations provide eyesight
saving or restoring care and
surgery for people in India and
the developing world.*

*Your Donation does everything
you really need your donation to
do.*

*Canadian Eyesight Global,
Formerly Project Eyesight-India
since 1989, has changed lives of
tens of thousands of people in
rural parts of India by giving the
gift of sight who otherwise spend
their lives in blindness and
despair.*

*Your gifts directly improve
people's lives through our
valuable services and programs
designed to create quality eye
care for everyone.*

PayPal

Donate

Free Eye Camps Near Amritsar

Canadian Eyesight Global (CEG) is proud to
host free eye check-ups and cataract
implant lens surgeries in various parts of
rural India since 1989.

CEG is proud to be hosting eye camps near
Amritsar, India, on every second Sunday.

For more information, contact
Canadian Eyesight Global
at 604-582-0579 or
info@canadianeyesight.org



CANADIAN
EYESIGHT
GLOBAL



Project Eyesight

Canadian Eyesight Global

Please add this information
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Canadian Eyesight Global is a charity
organization registered with
Canada Revenue Agency.

Our CRA BN is 88518 6601 RR0001

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Canadian Eyesight Global

Giving Light to the World



About

Canadian Eyesight Global – formerly Canadian Eyesight International – is a registered Canadian charitable organization comprised of surgeons, doctors, business leaders and numerous volunteers concerned with global blindness.

It is made up of individual Canadians concerned about other people – those in India and such developing nations who are especially vulnerable to blindness as well as those who have already lost their eyesight. In these nations, there are many health and social issues that require attention. Because blindness is caused by many problems, including lack of adequate nutrition, sanitation and trauma, we have the opportunity to bring health in many different forms.

Objective

Canadian Eyesight Global strives to help those who are unable to help themselves and to give people who are blind or visually impaired real support. For over 29 years, we have been helping our community with our partner doctors in India and other developing countries to enhance the facilities and treatment programs, with outstanding results.

Vision

Our Vision is to eliminate avoidable blindness by 2020 and to ensure the best possible vision for all people. Canadian Eyesight Global organization is working to remove blindness that is a major health issue among the young, the underprivileged, the aged. Visual impairment in some instances can lead to death. The problem is growing day by day. Every second, one person in the world goes blind. A child goes blind every minute. Yet for three out of four of these people, blindness was completely preventable.

Global trends show millions of people going blind each year. Eighty percent of the worlds blindness is preventable by means of nutrition, sanitation, antibiotics or surgery. Canadian Eyesight's view is to work toward the elimination of the preventable causes of blindness. Working with other health organizations and various levels of government, we believe this goal is achievable.

How it all began

In 1989 the Founder and CEO Anup Singh Jubbal (pictured top left) established the Project Eyesight with the cooperation of Rotary Club of Burnaby-Hastings and the Rotary Club of Lucknow-Khass. Approximately 5,000 people from the rural segments of the Lucknow district received free medical treatment for a wide range of eye diseases. 991 free eye operations were performed in eight Eye Relief Camps organized by Project Eyesight.

The programme was financed by the aid of over a quarter million rupees, provided by the Rotary Club of Burnaby-Hastings, RI District 5040. Human resources, money a materials were also provided by the Rotary Club of Lucknow-Khass.

The then Canadian Deputy High Commissioner in India, H.E. Mr. Gary Smith (pictured middle left) was accompanied by his First Secretary of Development and delegation of six Rotarians from the Rotary Club of Burnaby (pictured bottom left).

Not only was he able to visit the camps first hand and make an appraisal of the enormity of medical problems in rural India, but he could also witness the significant contribution Project Eyesight 1989 was making.

