



Giving Light to the World



CANADIAN EYESIGHT GLOBAL



www.CanadianEyesight.org

Canada Ph: 604-582-0579

Email: info@CanadianEyesight.org

NEWSLETTER NOVEMBER 2018



Free Eye checkup camp October 28, 2018 at village Bhilawal near Amritsar. Punjab.



Your Support = Our Success

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

Arora Eye Hospital & Retina Centre, Jalandhar, India.

**SUPPORTED BY
Rotary Clubs of
SURREY
BURNABY
NEW WESTMINSTER**

Rotary
Club of Surrey



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Anup Singh Jubbal's philosophy on how to live life is simple yet profound.

"God has given us 24 hours in a day," he says. "For eight hours, we should work, for eight hours we should do some nice things and for eight hours we should sleep."

Thanks to Jubbal's commitment to doing "nice things," tens of thousand of people in India have had their eyesight restored. Jubbal initiated Project Eyesight India in 1989, three years after joining the Burnaby/Hastings branch of the Rotary Club. Ever since Jubbal, 62, moved from India to Canada in 1968, he had hoped to find a way to improve the lives of the under-privileged people of his birth country.

"I thought the same day, if I could help the needy, the poor, the downtrodden, I would do it," he says.

When the Rotary Club concluded its International polio eradication project in 1988, Jubbal proposed that the charitable society's next program focus on blind Indians whose eyesight was lost due to the lack of a simple \$20 operation to remove cataract patients in India," says Jubbal. "Whatever we can do, drop by drop, we should do it.

Jubbal's next step was to make contact with hundreds of Rotary Clubs in India, which provided doctors. "Once people in Canada send money, people in India are ashamed that people in Canada are taking the initiative, then they also got involved in a big way," he says, adding that many of India's Rotarians are multi-millionaires.

The Rotary Club's first Indian eye clinic was held in the state of Lucknow, where one thousand people received the sight-restoring operation. Since then, more than 31,000 people has received the operation and Jubbal estimates that 10,000 operations will be done at the Project Eyesight Clinics in India this year (1997).

Jubbal, who travelled to India with five other Vancouver-area Rotarians to help organize the first eye clinic in 1989, says the free clinics are the only hope for the vast majority of Indians afflicted with cataracts. "For a common man to have an eye operation there is very, very difficult, he says. "The rich people can do it but for the poor it is beyond their means. India's medical system is very expensive and it costs an arm and a leg."

He recalls watching one young woman see her child for the first time after being treated at a Rotary Club clinic. "She was born blind and lived 18 years without seeing. When they checked her eyes at the camp, they saw the problem was her cataracts, a minor thing, and they operated. She saw her baby for the first time."

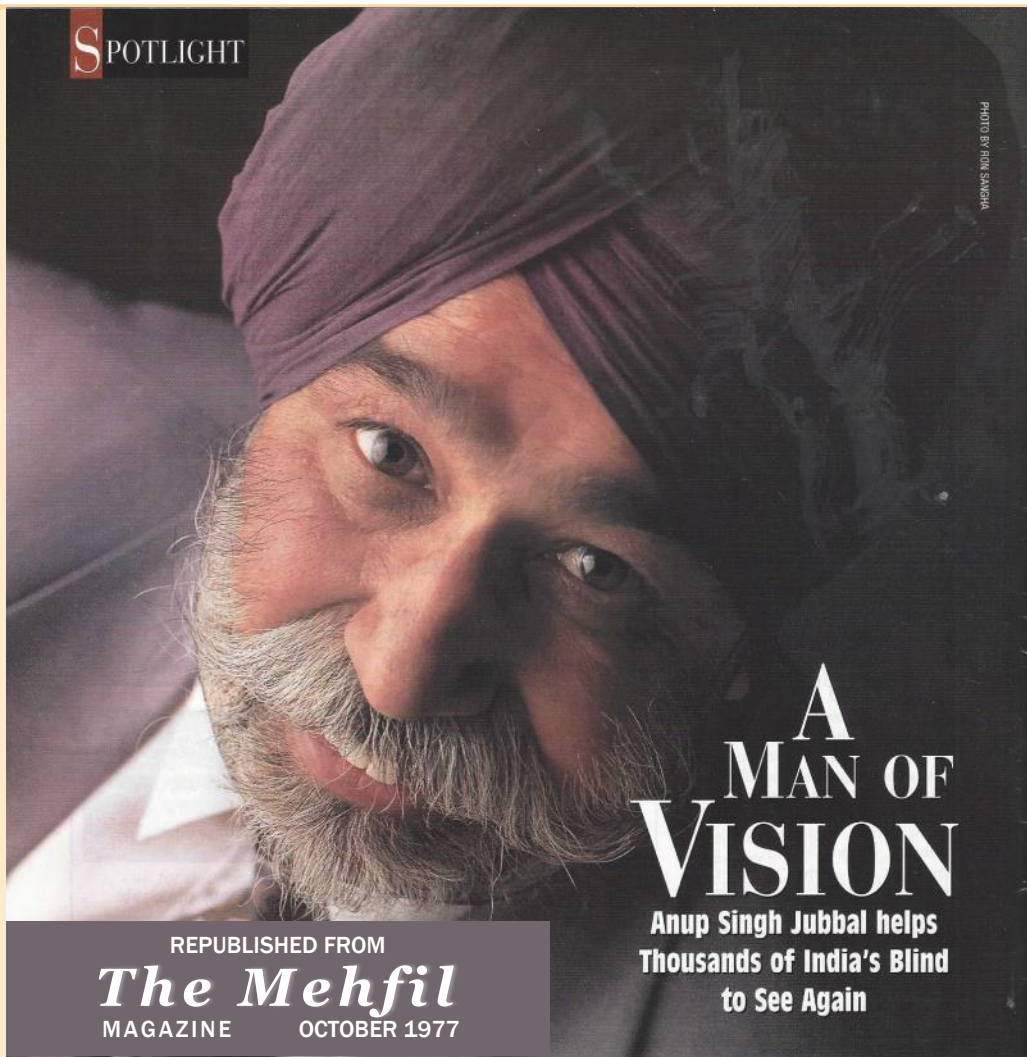
The efforts of the Burnaby-Hastings Rotary Club in India are supported by Rotary International and the Canadian International Development Corp., both of which match funds raised by the Burnaby-based club. "Rotary has done wonderful things," says Jubbal, who currently serves as a district chairman. "There are 25,000 Rotary Clubs in the world and 1.2 million members. They are all leaders in their community and they spend their time and money to help others."

Jubbal's efforts will be recognized with a Meritorious Service Medal, which will be presented to him by Canada's Governor-General in September.

Asked what inspired him to become involved in volunteer work, Jubbal says simply: "It is when the Almighty sends a light in you that you start doing these things. The Almighty gave me the light to start this project."

Jubbal says he has always had the urge to do community work.

SPOTLIGHT



"When I was a kid, from the age of seven or eight, I would go to the gurdwara and do honorary work. I did service in the temples all my life. I never wanted to be an elected official (of the temple) - president, secretary or anything - that was never my intent. I wanted to be doing something for the community.

His desire to settle in Canada was also inspired at an early age. "I was thinking from childhood that I should go to Canada one day," he says.

That day came in 1968, but it took him six months to make the journey from India to Canada. "First I went by ship to Iraq. From there I went to Beirut then to Syria and the Europe. The I flew to New York from Luxembourg. From New York, I went to Toronto and the bought a train ticket to B.C."

Jubbal first put down roots in Kamloops, where he worked for 18 years as a real-estate developer. In 1986, Jubbal, his wife Saroop and their five daughters moved to Burnaby. Today at an age when many people considering retiring, Jubbal, a grandfather of three, is busy with a new business called Enron Financial Corporation. He launched this investment a mortgage business, based in Surrey, a few months ago (in 1977).

It comes as a little surprise that Jubbal has no more than a few words about his new business. Unlike the vast majority of businessmen, Jubbal does not grasp every opportunity to promote his business venture. Clearly, opportunism is not a part of his nature. Except, of course, when it comes to an opportunity to do "nice things".

WATCH ATN PUNJAB INTERVIEW
with Anup Singh Jubbal and his team



YOUR WORDS OF ENCOURAGEMENT GIVES US CLEAR SIGHT OF OUR VISION



Hello Rtn. Anup Jubbal

Thank you for sharing the two interviews carried out in a very Professional manner.

They emphasize the great work being done in British Columbia to help people with eye problems. This is much as I saw done by members of the teams that you organized to help needy persons in India.

This is great work and I'm happy to congratulate you and your whole team.

You are a great example of the work by Canadian Rotarians in Canada and all over the world.

You are indeed worthy of our recognition and our praise.

Sincerely

Wilf Wilkinson OC, FCPA

President of Rotary International 2007/08

Chairman The Rotary Foundation 2012/13

Mr Jubbal,

As suggested, the newsletter covers some history and it is very well done.

May I suggest that we continue to publish these with a special issue on our 30th Anniversary.

Thanks

With regards

Jay Kalra, MD, PhD, FRCPC, FCAHS

**Vice President (Community Services),
Canadian Eyesight Global**



**Professor, Department of Pathology
College of Medicine, University of Saskatchewan
Royal University Hospital
Saskatoon, Saskatchewan, S7N 0W8**

A very informative Newsletter.

I especially enjoyed the piece on "15 Indian Herbs".

Cheers,

Nelson Riis

**Vice President,
Canadian Eyesight Global
Canadian businessman and
former politician and NDP
Member of Parliament.**



Dear Anup ji,

I am absolutely overwhelmed by the kind and extent of work you do.

Best wishes now and always.



Sincerely

Arun Kapur

Past District Governor (1998-99)

R.I. Dist. 3070 (India)

Anup Singh Jubbal ji,

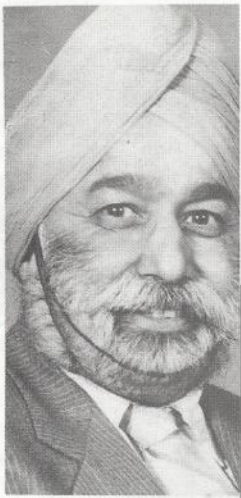
Heartly thanks for encouraging for such a noble cause.

Dr. Parshotam Lal,

**President, Rotary Club of Amritsar
S.E., R.I. Dist. 3070. India,
Supporting Eye Camps. Punjab, India.**



Yet another container of medical goods and supplies destined for Pangalo, Philippines was loaded on Saturday November 17th, 2018. The container was sponsored by the Rotary Club of Coquitlam Sunrise.



Anup Singh Jubbal

Give Light to the World ROTARY PROJECT EYESIGHT - INDIA

Cable:Rotaryeye



Rotary International (District 5040)

British Columbia, Canada

DISTRICT CHAIRMAN

Rtn. Anup Singh Jubbal

Ph. (604) 521-0579 • FAX (604) 540-1034

Dear brothers & sisters:

May 2, 1994

The Eye is a precious organ and eyesight is a divine gift. Restoring eyesight is a noble task. Two different communities, living in two different countries- Canada and India, joining hands through PROJECT EYESIGHT and seeking to restore normal eyesight to the poor, is a sacred deed. There are appr.18 Million Cataract patients in India.

Gratitude must also be expressed for the devotion of Indo-Canadian community of Greater Vancouver, Sikh Temples, religious and cultural associations, various committees and individuals, along with dedicated Rotarians, Rotary Annes of Rotary Club of Burnaby-Hastings and under the inspiration of great number of Rotary Clubs the Doctors and para medical staff of the local Hospitals in India. I am proud of each member of my committee, along with Gov.Dr.Irwin, Lois Stewart, Rtn. Dr. & Mrs. Chhatbar, PDG.3050 and Rtn. Mr. & Mrs. Gurcharn Singh, Gov. R.I.Dist.3070, Rtn. Mr. & Mrs. Tony daRosa, my dear wife Saroop, my children: Rosey, Vicky and Ruby, who have lent their unstinted cooperation towards the success of PROJECT EYESIGHT.

In the year 1992-93, appr. 15,000 Free Eyesight Operations were sponsored, financed and completed. In the year 1993-94, we hope to complete appr. 10,000-12,000 Free Eyesight Operations in rural India including Punjab. Your \$20 donation can provide one Free Eyesight Operation. All donations are tax deductible R.I.Dist.5040 has a magnificent dream, please donate generously. Full support is being provided by CIDA, Canada, with a matching grant.

Yours sincerely,
Rotary Project Eyesight-India

Anup Singh Jubbal
District Chairman

Mailing Address: P.O. Box 3274, Vancouver, B.C. Canada V6B 3X9

MEMBERS

Rtn. Dr. Lionel J. Fishman
Off. 298-0121
Res. 224-6036

Rtn. Dr. David R.S. Neima
M.D., F.R.C.S., (C.)
Ophthalmologist
Ph. Off. 521-3232

Rtn. Dr. Irwin F. Stewart
M.D., F.R.C.S., (C)
Otolaryngology - Head &
Neck Surgery
Dist. Gov. 5040, 93-94
Ph. 521-5249
Fax 524-2064

Rtn. Dr. Joel B. Chodos
M.D., F.R.C.S., (C.)
Ophthalmologist
Ph. Off. 872-2601

Rtn. J.S. (Jack) Campbell
PDG Dist. 5040, 87-88
Ph. 263-2104

Rtn. Mayor Bill Copeland
Burnaby Municipal Corp.
Ph. Off. 294-7340

Rtn. Tony da Rosa
Ph. Off. 251-1323
Res. 291-0561

PHF Avtar S. Gosal
Ph. 266-9455

PHF Mohan S. Sarai
Ph. 435-5682

Mr. Jagat S. Uppal
Ph. 261-7096

OUR HISTORY IN THE MAKING

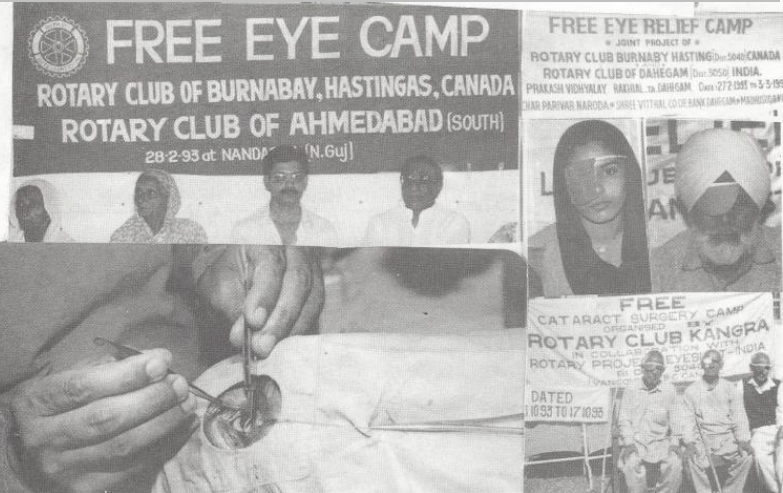


CANADIAN EYESIGHT GLOBAL formerly PROJECT EYESIGHT-INDIA (Since 1989)

Our Success



Our dedicated Project Eyesight-India Team





CITY OF BURNABY
OFFICE OF THE MAYOR
WILLIAM J. COPELAND
MAYOR



GREETINGS

My sincere best wishes to the Indo Canadian Community in Greater Vancouver. I congratulate you for your ongoing humanitarian efforts and for the many charitable causes that you support in your respective communities.

I particularly thank you for the support you have shown for the Rotary Club International Eyesight India Program, where through your donation over 20,000 free cataract surgery operations have been carried out in rural India since 1988, thus giving the gift of sight to many who would be doomed to blindness without your generosity.

We call on you to support our Eyesight India 1994 Program where the goal is to raise \$25,000 within the Indo Canadian Community for the less fortunate citizens of the rural areas of India.

Remember that for every \$10 donation to Rotary, it will be matched by C.I.D.A. (Canadian International Development Agency). A cataract operation costing \$20 will be achieved thus restoring sight to someone who would be otherwise left to live in darkness.

Yours in a humanitarian cause,

Sincerely,

Bill Copeland
Mayor

ROTARY



NEWS

PROJECT - EYESIGHT



ROTARY-INTERNATIONAL
DIST. 5040 B.C. CANADA

1992-1993

SPONSORED, FINANCED AND SUCCESSFULLY COMPLETED,
APP. 15,000 FREE CATARACT EYESIGHT OPERATIONS IN
RURAL PARTS OF INDIA

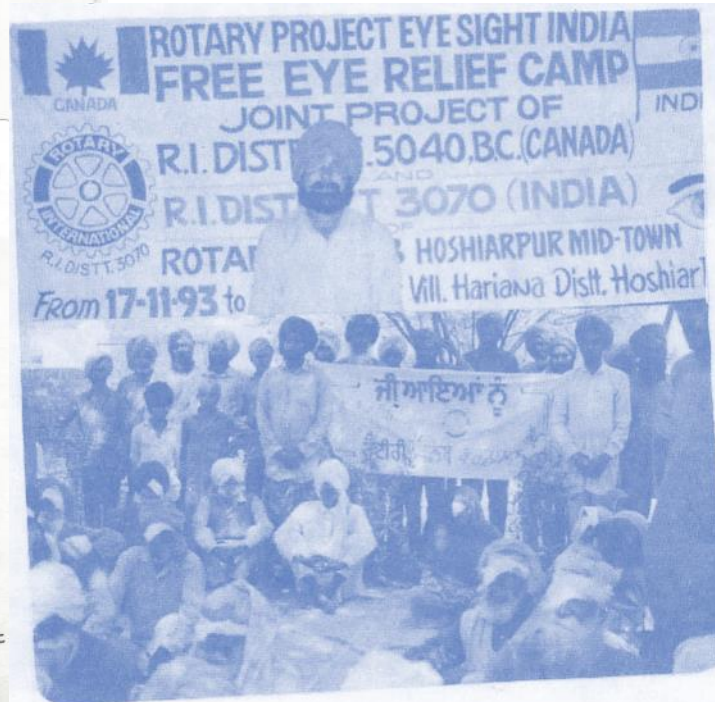
1993-1994

SPONSORED FURTHER 10,000 FREE CATARACT EYESIGHT
OPERATIONS IN RURAL PARTS OF INDIA REQUESTING YOUR
SUPPORT. PLEASE GIVE GENEROUSLY.

Bill Copeland
Mayor
Burnaby Municipal Corp.

Anup Singh Jubbal
District Chairman
Rotary Project Eyesight

Dr. Irwin F. Stewart
R.I. Gov. Dist. 5040
B.C. Canada

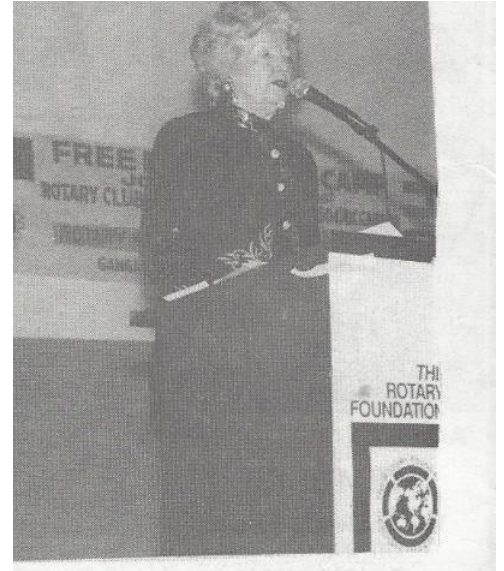




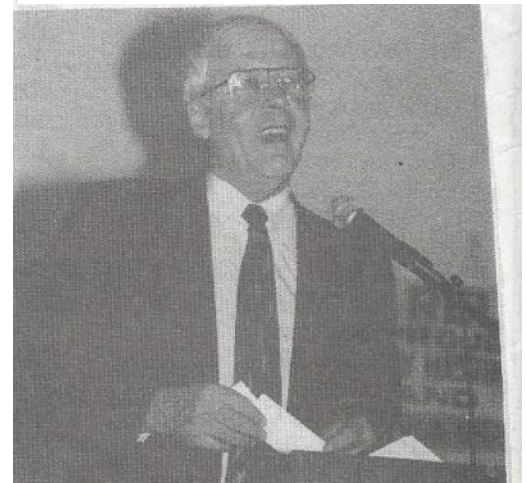
Project Eyesight - India Fundraising Dinner

Bear Creek Hall
November 27, 1992

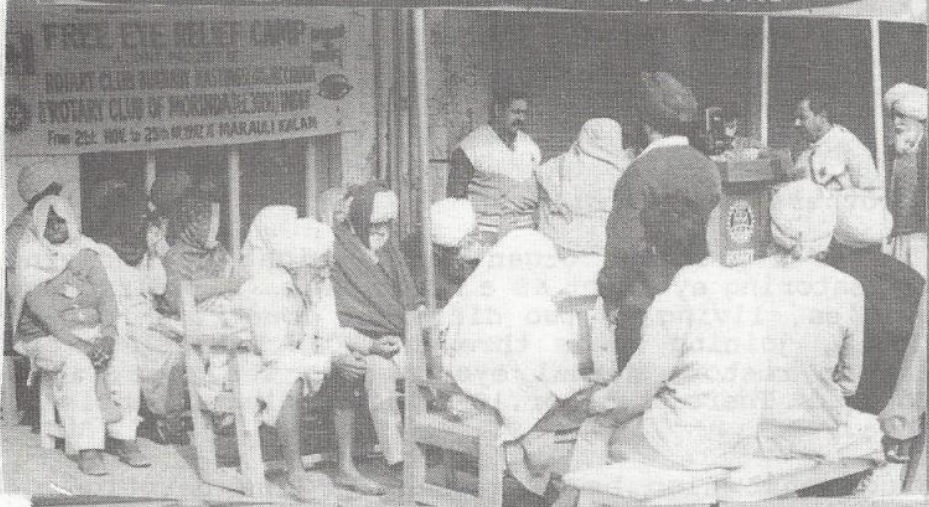
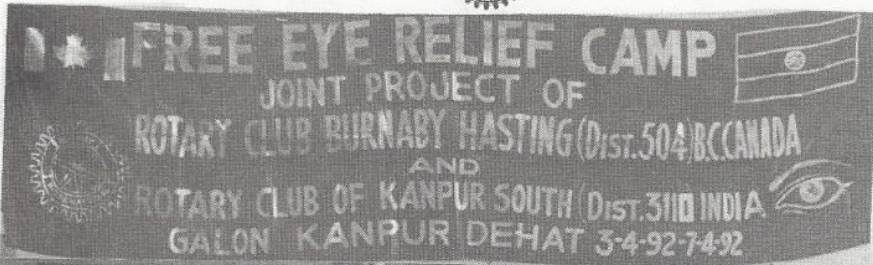
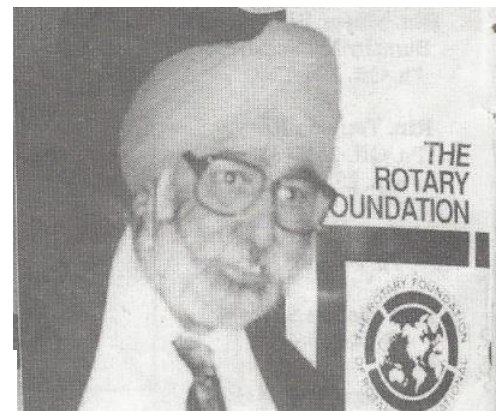
Hon'ble Grace McCarthy



Mayor Bob Bose



Anup Singh Jubbal



Fundraising Dinner - November 27, 1992

ROTARY NEWS
ROTARY PROJECT EYE SIGHT INDIA
FREE EYE RELIEF CAMP
 JOINT PROJECT OF
 R.I. DISTRICT.5040.BC.(CANADA)
 R.I. DISTRICT 3070 (INDIA)
 ROTARY CLUB HOSHIARPUR MID-TOWN
 Vill. Hariana Distt. Hoshiarpur
 From 17-11-93 to 21-11-93



Tony de Rosa, a dedicated and dynamic Rotarian fully supported Project Eyesight-India



R.I. Governor District 3030 C.N. Chari (right) visiting from India pictured with Barry Madden, Anup S. Jubbhal, Jack Campbell (PDG 5050) and Dr. Lionel Fishman



FREE EYE RELIEF CAMP
 JOINT PROJECT OF
 ROTARY CLUB BURNBAY HASTINGS (Dist.504) CANADA
 AND
 ROTARY CLUB OF DHARAN GAON
 (Dist.3030) INDIA.
 COTTAGE HOSPITAL DHARAN GAON: 29-1-93 to 5-2-93



PROJECT EYESIGHT
 CANADIAN COOPERATION FOR EYE RELIEF THROUGH ROTARY



Six Rotarians Delegation visiting Lucknow Eye Camp. Susan Madden and Lee McLean are distributing fruits to the patients



Visiting Rotarians from Burnaby-Hastings Rotary at the Eye Camp in Lucknow, India.

FREE EYE RELIEF CAMP
 JOINT PROJECT OF
 ROTARY CLUB BURNBAY HASTING (DIST.504) BC CANADA
 AND
 ROTARY CLUB GANGA GHAT (Dist.310) INDIA
 GANGA GHAT Dist. UNNAO 71-9-10/14-192

From right: Anup Jubbhal and Lee McLean, Stan Jackson and Barry Madden seen with the patients at the Eye Camp at Malihabad, Lucknow.

ROTARY NEWS
ROTARY PROJECT EYE SIGHT - INDIA
FREE EYE RELIEF CAMP
 JOINT PROJECT OF R.I. DISTRICT 5040 B.C. CANADA
 ROTARY CLUB OF DELHI SOUTH
 15-1-93 TO 22-1-93



Dr. David R.S. Neima
 M.D., F.R.C.S.(C)
 Ophthalmologist
 Cataract Surgery - The Gift of Sight

I have had the pleasure of working as an Ophthalmologist for eight years in Canada and during that time have been able to help many people regain sight by cataract surgery. We live in a very wealthy and blessed Country where no one needs to turn blind or disabled because they have cataracts. It costs the Government about \$2,000.00 Canadian for a patient to have their cataract removed. In Canada, this includes the cost of surgery, hospitalization and after the operation. During this eight years I have had numerous opportunities as well to serve overseas for brief episodes of time, two to four weeks, in third world Countries. In these Countries there are over 5 million people blind simply because they cannot afford to have their cataracts removed. These people become blind at a much younger age than we do here in Canada, in which the average age for cataracts is 74. In the third world the average age is 40. They then face a life of great poverty and hardship for want of a simple operation to restore their sight. It has been my great joy to travel once or twice a year overseas and to help a few people regain their sight. Rotary International Dist-5040 B.C. Canada has undertaken with cataract surgeons in India, to restore sight to 10,000 poor people. For a small donation of \$20.00, you can restore the sight to one poor blind person in India. Please think about these poor people and take this opportunity to help them.



FREE EYE RELIEF CAMP
 ROTARY CLUB OF BURNBAY HASTINGS
 ROTARY CLUB OF JALGAON
 15-1-93 TO 20-1-93
 RURAL HOSPITAL - JAMNER



ROTARY NEWS
ROTARY CLUB OF DELHI SOUTH
INaugrating 1st. FEBRUARY



New Delhi, India.
 Inaugrating an eye Camp, Village Sohna, Dist. Gurgaon. His Excellency John Paynter, High Commissioner of Canada to India, on the right Rotary Club of Delhi South President Mr. and Mrs. Rajiv Gujral and other Rotarians.



Ludhiana, India. Jan. 1994, the Marriage Ceremony of the Daughter of R.I. Gov. Dist. 3070, Mr. and Mrs. Gurcharan Singh. From Right, Anup S. Jubbhal, Gurcharan Singh, DG Bride Groom and Bride, Mrs. Paramjit Kaur, W/O D.G. Mrs. and Mr. Dr. Khurana, (mother and father) of Bride Groom. App. 5,000 guests attended.



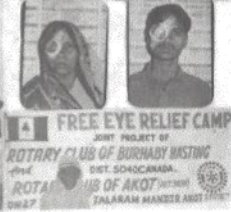
In New Delhi, India. left, Anup S. Jubbhal, Rtn. Ms. Kiran Bedi, (I.G. Prisons, Delhi) PDG. Hemant Auhja R.I. Dist. 3010 and a fellow Rotarian.



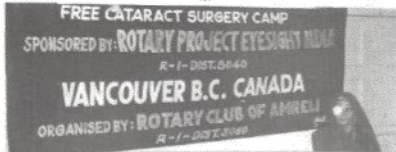
BOMBAY, INDIA. DECEMBER '93
With fellow Rotarians from right: Tony Da Rosa, Anup S. Jubbhal (from Canada visiting Bombay) C.R. Bhansali, R.C Sheopuri, A.K.Katlia (Members of Rotary Club of Bombay Central).



LUCKNOO, INDIA. From left: Rtn. Donna Kerr, from Canada visiting an Eye Camp in Lucknow, presenting a gift to a patient, Rtn. Dr. Rastogi a fellow Rotarian and Rtn. Hans Raj Watching



SPECIAL THANKS TO:
Khalsa Diwan Society, Vancouver, B.C., India Cultural Society of Canada, #5 Road Richmond Akali Singh Society, Guru Nanak Sikh Temple, Surrey, B.C., NanakSar GurSikh Temple, Westminster Highway, Canadian Ramgharia Society, Burnaby, Kalsa Diwan Society, Abbotsford, B.C., Gujerati Society, Sikh Cultural Society, Kamloops, B.C., Vishnu Hindu Temple, Asa Singh Johal, Jagat S. Uppal, Sushma Sadana (I.T. Productions), Promod Puri (Link News Paper), Manjeet S. Virdi (Senior host, CJVB) Surinder S. Bajns, Umendra Singh (Voice Newspaper), Suresh Khare, Mayor Bob Bose, Surrey, B.C., Mayor Bill Copeland, Burnaby, B.C. Mota Singh Jheeta, Surinder S. Jabal, Dalit S. Sandhu, Grace McCarthy, Jack & Celia Spring, Mr. Prakash, Manager, State Bank of India, Piara Singh Basan, Members of Rotary Club of Burnaby-Hastings, Rogers Cable Network, Sarjit Singh Hunagan



ANUP SINGH JUBBAL RECEIVES MAJOR AWARD FROM ROTARY INTERNATIONAL

Anup Singh jubbhal is the recipient of a Service Above Self Award, was announced at the Rotary International Convention in Melbourne, Victoria, Australia, held 23-26 May, 1993.

The Service Above Self Award is the highest honor provided to a Rotarian by the International Service Organization.

Anup Singh Jubbhal, a business man and a member of Burnaby-Hastings Rotary Club, is one of the 91 Rotarians worldwide to receive the award, which recognizes individuals who embody through their volunteer work, the Rotary motto of "SERVICE ABOVE SELF". A maximum of 100 such awards are given among the more than 1.1 million Rotarians in over 180 countries and geographical regions.

Irwin P. Steward, M.D. District Governor 5040



District 5040 Governor Dr. Irwin & Lois Stewart



ROTARY PROJECT EYESIGHT - INDIA A Project of Rotary International District 5040

Rotary District 5040, the Vancouver and Central B.C. area, chose as one of its major international community service projects, *Project Eyesight-India*. This project is carried out in cooperation with many Rotary clubs in India to provide free cataract surgery camps in rural areas of India where poor people would otherwise be condemned to an eternal life of blindness.

It is most difficult to lead a happy and useful life when one is slowly losing vision - the important sense through which we learn and appreciate all the beauty of the world. This progressive loss of sight occurs in 18 million in India, due to the development of cataracts in the lens of the eye. It is even more difficult to be happy and useful when there is no hope of a remedy or release from the prison of blindness.

What a remarkable opportunity Project Eyesight-India offers these poor people! What a major change can be made in so many lives and so many families - Perhaps even some relatives and family in India. This is your opportunity to contribute to the great Humanitarian International Community Service. The more generous donation, the more assistance Rotary Project Eyesight-India can offer in future operations to relieve the blindness!

Dr. Irwin Stewart
District Governor 5040



**Free Eye checkup camp
on October 28, 2018
at Bhilowal village near Amritsar. Punjab.**

**Selected people were provided
(IOL) surgeries free of charge
at the Nirmaljot Eye Hospital, Amritsar.**



**Free Eye checkup camp
on October 28, 2018
at Bhilowal village near Amritsar. Punjab.**

**Selected people were provided
(IOL) surgeries free of charge
at the Nirmaljot Eye Hospital, Amritsar.**



Canadian Eyesight Global

**Making a Difference in how people see the world
An Inspirational Project in India and the World - People serving People**

ROTARY CLUB OF SURREY

MINUTES OF BREAKFAST MEETING

Thursday Nov 15th, 2018

Ricky's All Day Grill 8958 152 St,
Surrey BC V3R 4E4, Canada

President John Edwards
President Elect John Edwards
Past President Dianna Sears
Treasurer Bryce McElroy
Secretary Dick Wareham
Director Arthur Claxton
Director Dean Gurney
Director Garry Sass

Present

Fancisco Manalo
Dave Hayer
Charles Molnar
Sam Sangha
Lynn Spence
Dr.Parveen Goel
Leroy Weiss

Apologies

John Campbell
Ed Landry
Walt Johnson
Melissa Mina
Anup Jubbal
Paul Sandhu
Ashok Bhagnari

GUEST Of Dave Hayer

Brenda Locke City Councillor 8076,

Meeting was called to Order at 7:30am.

By President John Edwards leading of with O'Canada

Dave Hayer introduced his guest new Surrey City Councillor Brenda Locke

Dick Wareham announced the following Birthdays and Anniversaries

Birthdays

Bryce McElroy Nov 1
John Campbell Nov 21

Anniversaries

Ed Landry & Dang Than Nov 2nd 16 years
Dave & Isabelle Hayer Nov 4th. 37 years
Dick & Mary Wareham Nov 5th. 18 years

Rotary Anniversaries

Leroy Weiss Nov 1st 25 years

KPU Scholarship 2018

Dave Hayer reported on Nov 7th. He attended the KPU 30th Annual Scholarships & Awards Dinner and met Jason Creighton winner of the Rotary Club of Surrey Scholarship.

Jason requested the opportunity to attend a future club meeting to address the club.

Jason will be attending our December 20th. meeting.

FOUNDATION CONSTITUTION & BYLAWS

We have been advised by our Lawyers the final piece in the Updating and registration is we need to have a special Foundation meeting to pass a Resolution accepting the new Constitution and Bylaws. After explanation by Deane Gurney it was agreed the vote will Take place Dec 20th. at which time we will break out from our regular meeting to hold a special Rotary Club of Surrey Foundation meeting.

ANNUAL SENIORS XMAS DINNER

Dianna advised all on track currently 50 seniors registered. Working with Meals on Wheels and will have numbers finalized shortly. Schedule is 4:15-4:45 pick up Dinner 5:15

Dick will pick up Member Walt Johnson.

STARFISH – Bryce McElroy

Bryce provided update indicating having some supply issues with Walmart. To try new process to see if resolves. If not will review supplier issue in January.

UPDATE of 2018-19 BOARD & PE NOMINEE

President John Edwards outline the need for changes as Ashok has stepped down from PE Nominee and the need to Add Sam Sangha to the Board this year and PE Nominee for 2019-20

MOTION: Dave Hayer/Charlie Molnar

That Sam Sangha be admitted to the Board as Director for 2018-19 .Carried

The floor was open for nominations for President Elect Nominee for 2019-20 as there were none Sam Sangha was declared as President Nominee for 2019-20

The Board line up will be:

Updated 2018-2019 board

President & President John Edwards
Elect Sam Sangha
President Elect Nominee Sam Sangha
Secretary Richard Wareham
Treasurer Bryce McElroy
Director & Committee Chairs
Social Media Dianna Sears
John Edwards
Deane Gurney
Membership Deane Gurney
Foundation Art Claxton
Youth Programs Gary Sass
Director-At-Large - Ashok Bhagnari
Special Projects

The board as passed by members for 2019-2020

President John Edwards
President Elect Sam Sangha
Secretary Richard Wareham
Treasurer Bryce McElroy

Director & Committee Chair s

Social Media Dianna Sears
John Edwards
Deane Gurney
Membership Deane Gurney
Foundation Art Claxton
Youth Programs Gary Sass
Director-At-Large Ashok Bhagnari
Special Projects

NEW BUSINESS

Speaker Programs –Jan to June 2019 [Tabled to next meeting]

Membership Meeting - Rescheduled to Jan 10 meeting.

Christmas Dinner Bryce advised Planned STARFISH packing Cancelled.

Xmas Kettle program Bryce explained the program and suggested we to volunteer (Dec 6,13,20)

MOTION: Dick Wareham/John Edwards

That we volunteer our services for Kettle duty at Guildford Mall. Dec 6,13 and 20th 2018 Carried.

Presidents Award won by Dr. Parveen Goel

The meeting was adjourned at 8:30am with the reciting of the 4 way test to set our compasses for the week ahead.

CLASSIFICATION TALK

Dr. Parveen Goel

Very enlightening talk by Parveen we learnt a lot about his story and about engineering in Auto Industry his area of expertise before joining Canada Post.

Here is a brief outline of his talk.

Family back ground

Wife is also an Engineer, currently running a business in Surrey, Kumon franchise near Surrey city center mall on King George St. Two kids; son in 10th grade and daughter in 8th. Also taking care of parents who live with us.

Why you chose your particular business or profession:

Engineering was a natural choice for me due to my interest in math and physics.

Career Progression and the path:

Started my career in academics as an Asst. Professor in India decided to pursue Ph.D. in the USA at WSU, Detroit. This being an Auto capital of the world provided me with an opportunity to work at Ford. This was my first job in North America, later I moved to a different automotive company, TRW/ZF an auto parts and systems supplier. After 14 years in Automotive and working in the USA I decided to move to Canada Post Corp. as Director of Engineering and Programs.

Career Highlights and Challenges:

Technical problem resolutions, such as noise issues in Automotive, Reliability and quality problems with automotive components. Managing large transformative projects such as the opening of a new processing plant and revitalization of a mail and parcel distribution network for the entire province of BC. Some of the challenges I faced were around communication, stakeholder management, and dealing with the impact of downsizing and cost saving on employees.

Forecast employment opportunities in Engineering:

Nature of employment will change, lots of fields are merging together. For example, Engineering is blending with the health sciences. Artificial Intelligence and Data analytics will dominate however need for primary engineering field will always remain there.

The advice you would give persons entering your career field:

Focus on developing soft skills as early as you can. Keep pace with changing technology and advancements in areas such as AI.

How your profession is being impacted by technology, & government regulations:

Some of the changes in both auto and supply chain are driven by environmental consideration such as electric and hybrid cars. Some are motivated by technological advances that include autonomous vehicles, AI-based predictive forecasting for demand, big data analytics.

Ethical issues you face at work, and how the Rotary 4-Way Test helps you deal with them.

Impact of productivity initiatives, and automation

Passion for Education and a potential project:

I am very passionate about education and would like to develop a project to provide STEM education to inner city children in Surrey and potentially beyond with the help of technology.



Rotary and GPEI have put polio on the brink of global eradication

After 30 years of bold action, historic achievements, and sometimes discouraging setbacks, Rotary and its partners in the [Global Polio Eradication Initiative](#) (GPEI) have nearly brought polio to an end.

This groundbreaking public-private partnership and its innovative strategies were celebrated Wednesday during Rotary's 6th annual World Polio Day event, held in Philadelphia, Pennsylvania, USA, at the [College of Physicians of Philadelphia](#).

Hundreds of people attended in person, including representatives of all five GPEI partners, and thousands more worldwide watched it live online. Cable news journalists Ashleigh Banfield, host of HLN's "Crime and Justice," and Alex Witt, host of "MSNBC's "Weekends Live With Alex Witt," moderated the event.

The moment showed Rotary's strength as an organization capable of tackling the challenge of ending the disease globally and spearheading one of the most ambitious public health initiatives in history, the GPEI. The other partners of the GPEI are the [World Health Organization](#), [UNICEF](#), [U.S. Centers for Disease Control and Prevention](#) and the [Bill & Melinda Gates Foundation](#).

"We knew then that the war against polio would be long, and it would have its challenges," Burton said. "But we knew then, as we do now, that we could do it. Thirty years ago, I was proud

"The Rotarian" - November 1988. (Pages 42-43)

A dream fulfilled

The drama and emotion felt at the 1988 R.I. Convention will never be forgotten. It was the week of the historic announcement - marked by music, "fireworks and the descent of 15,000 balloons - when Walter Maddocks, international executive director of the PolioPlus Campaign, shouted: "We're over goal!"

The fundraising effort for PolioPlus has brought in cash and pledges of more than U.S. \$220 million - 83% more that the campaign's original goal. The campaign headquarters has now documented this entire amount, meaning that the figures have been substantiated by cash. Individuals' signed pledges, or resolutions adopted by Rotary clubs. Over half the funds - U.S. \$122.5 million—have been received in cash.

In March, over 800 people attended a Polio-Plus fundraising dinner for projects in India, sponsored by the Rotary Club of Burnaby-Hastings, B.C., Canada. Walter Maddocks was the keynote speaker.



Distinguished Service Award presented to Anup Jubbal, by Hon. John Fraser, Speaker in recognition of his leadership of PolioPlus fundraising dinner. Pictured left to right: Hon. Fraser, Anup, 1987-88 club President Dr. Lionel Fishman, Walter Maddocks

Among the guests were Consul General Jagdish Sharma of India; Gordon Campbell, the mayor of Vancouver; and Anup Singh Jubbal, chairman of the club's PolioPlus Campaign Committee. Over \$44,000 was raised at the Indo-Canadian dinner. The Government of Canada is a major supporter of Rotary's PolioPlus Program, having already contributed \$1.2 million.



Dr. Ujala Nayyar, left, a WHO surveillance officer in Pakistan, discussed with Alex Witt about how thorough tracking of the wild polio virus will help eradicate the disease.



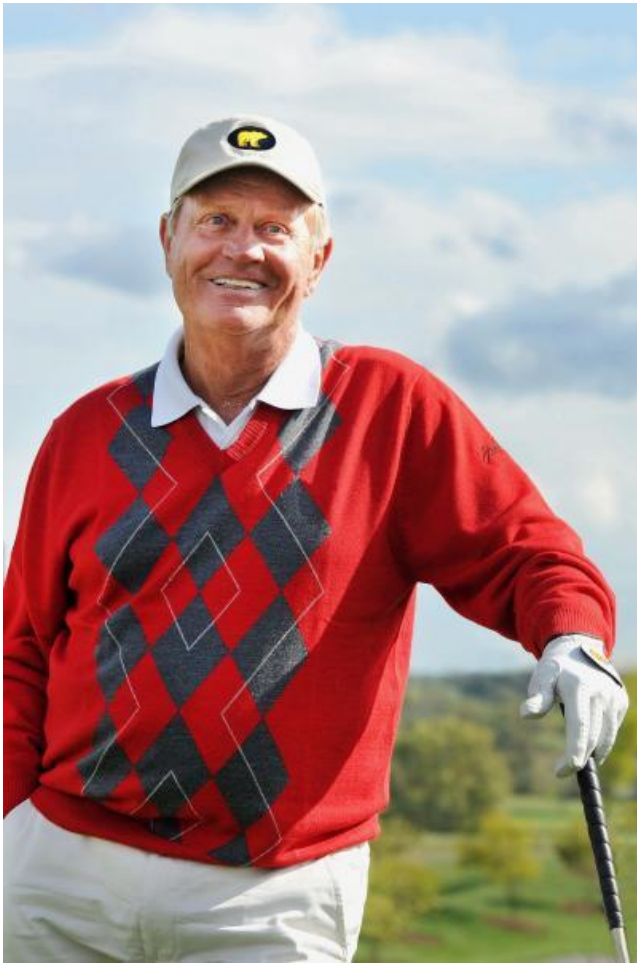
Part of the audience at the 2018 World Polio Day event in Philadelphia, Pennsylvania, USA.



Cable journalists Ashleigh Banfield, right, host of HLN's "Crime and Justice," and Alex Witt, host of "MSNBC Live With Alex Witt," moderated the Rotary's 6th annual World Polio Day on 24 October in Philadelphia, USA.



Hundreds gathered to celebrate World Polio Day at the College of Physicians of Philadelphia, Pennsylvania, USA.



Play golf with legend Jack Nicklaus

Twelve generous supporters of Rotary's polio eradication efforts will have the opportunity to play golf with legend Jack Nicklaus, a Rotary ambassador for polio eradication.

Nicklaus plans to thank the next 12 individuals who make a new donation of \$250,000 or more to the PolioPlus Fund by inviting them to play golf with him at the Bear's Club in Jupiter, Florida, USA, on 12 March 2019. There, donors will be divided into three groups of four, and each group will play 18 holes of golf – six with Nicklaus. Donors who prefer not to golf may allow one friend or family member to golf in their place.

Space is limited to the first 12 donors. To qualify, donors need to complete a [gift intent form](#) and make the full donation by 22 January 2019. Contact [Harvey Newcomb III](#), director of principal gifts at The Rotary Foundation, for more information. Please see the gift intent form for details.

If they wish, the donors will also be inducted into the [Arch Klumpp Society](#) in recognition of their support for Rotary's polio eradication efforts.

Rotary Foundation receives highest rating from Charity Navigator for 11th year

For the 11th consecutive year, The Rotary Foundation has received the highest rating – four stars – from [Charity Navigator](#), an independent evaluator of charities in the U.S.

The [Foundation](#) earned the recognition for demonstrating both strong financial health and commitment to accountability and transparency.

“We are extremely honored to be recognized,” says Foundation Trustee Chair Ron Burton. “It represents the hard work and dedication of countless Rotarians throughout the world. They know their gifts will be used for the purpose for which they were given and that they will, indeed, make a real difference.”

The rating reflects Charity Navigator's assessment of how the Foundation uses donations, sustains its programs and services, and practices good governance and openness.

Rotary World Help does it again!



A container full of medical goods and supplies destined for Freetown, Sierra Leone was loaded on Saturday October 27th. The container was sponsored by the Rotary Club of Strathcona Sunrise.

There will be even more smiling faces when this container and its contents arrive at their destination!



An Ayurvedic Guide to Better Vision & Eye Health

“The eyes are more exact witnesses than the ears.”

While this may not be entirely true, there's no denying the importance of your vision. Unfortunately, as is the case with all other organs in your body, your eyes are also prone to various conditions that can cause deterioration of eyesight or complete vision loss. To those of us blessed with good or even poor vision, the thought of complete vision loss can seem intimidating or horrifying. This is why eye exercises and herbs to improve eyesight have become so popular in recent years.

Deterioration of eye health and vision loss can be influenced by a variety of factors that are hard to pinpoint, with most experts recommending balanced nutrition and avoidance of behaviors that put your eyes at risk. While there is some evidence to show that specific nutrients and behaviors can strengthen or improve eyesight, more research is needed to show significant benefits. But however small these benefits may be, considering the importance of vision, any edge is welcome!

The Best Herbs to Improve Eyesight

Ayurvedic medicine has been used for millennia to treat and prevent conditions that affect the eyes, with one of the earliest surgical procedures for cataract being described by the Indian physician Sushruta, over 2000 years ago! Of course, Ayurveda is dominated by less invasive and completely natural treatments that include the use of herbs. This wealth of information on herbs for eyesight is what is most useful to us. Some of the most popular Ayurvedic herbal eye care solutions include the following:

Triphala

Also known as the 'three fruits,' **Triphala** is a potent Ayurvedic tonic that consists of three traditional fruits that have long been used to treat various health conditions. These fruits include **Amla** or Amalaki (*Embolica officinalis*), Haritaki (*Terminalia chebula*), and Bibhitaki (*Terminalia bellerica*). Each ingredient possesses strong medicinal properties and the formulation has a balancing effect on all three doshas. It is most widely used to lower toxicity levels in the body and support general health. Although triphala is usually ingested, to address eye health concerns, it may also be used as a topical application or in eye drops.

The therapeutic benefits of triphala are not just emphasized in Ayurveda. In fact, researchers have found that the administration of triphala eye drops could help reduce minor problems like

inflammation, redness, and eye strain. Additionally, triphala is a rich source of vitamin C and antioxidants that can protect against eye damage associated with oxidative stress. Based on findings like these it would appear that triphala could be one of the best supplements to improve vision.

You can get your daily dose of this beneficial solution by consuming triphala powder, tea, capsules, or extract.

Ginkgo Biloba

Indigenous to China and only later introduced to Ayurveda, Ginkgo Biloba is today used in folk remedies across the world. The herb is most often used to support mental health as a brain tonic and to improve blood circulation in the body. As a natural antioxidant, the herb is regarded as protective of eye health and is often recommended to strengthen or protect vision.

Because of its wide use in natural medicine, the herb has been the subject of numerous studies. While its antioxidant properties may offer some protection against ocular damage induced by oxidative stress, studies have also been suggestive of other benefits to vision. A study conducted in **Korea** revealed that ginkgo extract helped test subjects with glaucoma improve their vision. More recent studies also support the use of ginkgo as an adjuvant therapy in dealing with normal or high tension glaucoma. What makes ginkgo one of the best herbs for glaucoma are its neuroprotective and vascular regulating effects.

Fennel Seeds & Almonds

Fennel seeds and almonds are popular ingredients in various Ayurvedic remedies and they are regarded as beneficial for eyesight too. While

there is plenty of evidence regarding their therapeutic benefits and most nutritionists agree that nutrients in almonds do promote healthy vision, there is inadequate research to support claims that fennel seeds and almonds can improve eyesight. Nevertheless, this remedy has been used for centuries and poses no known risk, so if you'd like to try it out, go right ahead. Here's how you do it:

Grind an equal amount of fennel seeds, almonds, and Mishri (rock sugar) thoroughly.

Store the mixture in an airtight container or jar.

Mix two teaspoons or 10 grams of the powder in a cup of warm milk and drink this solution once per day, preferably before going to sleep or in the morning on an empty stomach.

Continue with the treatment for at least one month to better the chances of improving your vision.

Rose Water

Rose water is widely used in India for ceremonial purposes and also for therapeutic purposes. Rosa damascena, is in fact a fairly common ingredient in numerous Ayurvedic remedies, as well as in Unnani medicine. Rose water is believed to possess antiseptic and antibacterial properties and because of its cooling and soothing nature is often used as an eye rinse or to relieve other eye problems.

Although research on rose water for eye health is limited, a study that appeared in the journal Ophthalmology and Eye Diseases found that a solution containing rose water demonstrated both anti-inflammatory and antihistaminic effects. This would make rose water one of the best natural eye wash solutions to combat minor irritation, inflammation, and reddening of the eyes.

bed time.

Rose Water Eyewash

We've already established the efficacy of rose water as an Ayurvedic eye cleanse to deal with minor eye problems like irritation, soreness, or inflammation. Rose water can be used as is, as a soothing eye rinse, but you can also create your own rose water eye drops by mixing one teaspoon of organic honey with three tablespoons of organic rose water in a dropper bottle. Make sure you only use organic rose water that contains no added ingredients or chemicals, as these could cause further irritation.

Apply the eye drops as needed up to two times a day.

Bundle Up!

In our world, full of visual information, the eyes are arguably among the most overworked of our senses — constantly bombarded with information. Rising levels of pollutants and airborne toxins add to the problem, exposing them to even greater risk, making a regular eye care routine something of a necessity. While these herbs for vision will help to offset some of the risk, remember that balanced nutrition and a healthy lifestyle are perhaps even more important to maintaining the health of your eyes. In case you suffer from any eye problem that is persistent or unresponsive to home remedies, make an appointment with an ophthalmologist at the earliest.

While Ayurveda has been employing this technique for thousands of years to address underlying imbalances in the eyes, modern sanitary practices and FDA guidelines strictly prohibit the use of non-sterile or home-sterilized solutions in daily eye care routines.

Consult with your healthcare practitioner before beginning any eye care regimen that involves introduction of foreign material into the eye itself. Home-sterilized solutions cannot prevent the growth of harmful bacteria and are not a substitute for modern eye care products.

All names in this article are in Indian language. Please find translations in English.

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Canadian Eyesight Global

Giving Light to the World



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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.



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 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.

Honoring ingenuity Rotary honors six who are changing the world

Innovation was the theme at Rotary Day at the United Nations on 10 November. Nearly a thousand Rotary leaders, members, and guests from around the world met in Nairobi, Kenya, to hear about creative solutions to challenging world problems. Six Rotaract and Rotary members age 35 or under were also honored as Rotary People of Action: Young Innovators.



WATCH THIS VIDEO



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

*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.*

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Canadian Eyesight Global

Please add this information
to your address book.

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Canadian Eyesight Global is a charity organization
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