

**Giving Light to the World**



**CANADIAN EYESIGHT GLOBAL**



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

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**NEWSLETTER FEBRUARY 2019**



**KUWAIT 1977 - SHEIKH ABDULA AL JABER MEETS ANUP SING JUBBAL**



Supported by  
**Rotary**

Clubs of  
**SURREY  
BURNABY  
NEW WESTMINSTER**



**Your Support = Our Success**

Sri Guru Hargobind Sahib Mata Sulakhani  
Eye Hospital Society, Amritsar, India  
Nirmaljot Eye Hospital, Amritsar, India,  
Rotary Cub 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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JAN 2019

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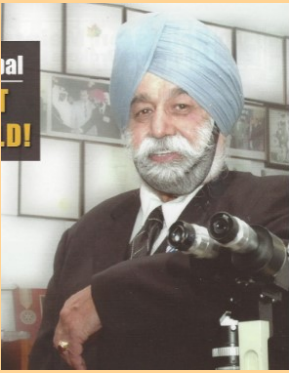
NOV 2018

DEC 2018

# OUR LEADERSHIP TEAM



leadership and initiative have brought credit to the Rotary Club and honour to Canada" (Rt. Hon. Roméo LeBlanc, Fmr. Governor General of Canada).



## Anup Jubbal, MSM CEO and Founder

Mr. Jubbal founded Canadian Eyesight Global, formerly Project Eyesight-India, since 1989. He has dedicated his golden 30 years of his life for this noble cause. A Rotarian and PHF, since 1986, two terms President (1997 and 2001) of Rotary Club of Burnaby-Hastings, BC. Mr. Jubbal, with the support of dedicated doctors, Rotary Clubs and volunteers has provided restoration of eyesight to tens of thousands of people in rural India since 1989.

CEG is celebrating its 30<sup>th</sup> anniversary in 2019. He is organizing Free Eye Health Clinics in Canada since 2003.

He was a land developer, investor, importer from 1968 to 1980 in Kamloops, BC. He has traveled around the world 3 times and organized booths at five Rotary Int'l Conventions. From his childhood he was a volunteer with St. John Ambulance, and boy scout in India. "His



## Rajendra Saboo Honorary Director President, Rotary International (1991-92).

Having joined Rotary Club of Chandigarh in 1961, he continues to be a member and past president of Rotary Club of Chandigarh. He has served Rotary International in many capacities and to name a few of his formal positions, he has been and/or member of various R.I. Committees in different years, International Assembly Discussion Leader, R.I. Director, R.I. President, Chairman of The Rotary Foundation Trustees and Trustee of The Rotary Foundation.

District Governor, Chairman of various R.I. Committees in different years, International Assembly Discussion Leader, R.I. Director, R.I. President, Chairman of The Rotary Foundation Trustees and Trustee of The Rotary Foundation.

Since 1998 he has been serving hands-on as a volunteer in Rotary Medicare projects in Africa, and has worked in Uganda, Ethiopia, Nigeria, Zambia & Malawi, Swaziland, Cambodia, Madagascar and Lesotho. "Padma Shri" Award was conferred upon Mr. Saboo by the President of India in March 2006.



## Derek Corrigan Honorary Director

Former Mayor, Burnaby City Hall. Derrick has been a Burnaby resident since 1977 and has had the pleasure of serving the citizens of Burnaby since he was first elected to Burnaby City Council as a councillor in 1987. He was elected Mayor in 2002, then re-elected in 2005, 2008, 2011 and 2014. Derrick has a history and heritage of almost

three decades of public service.

Derrick is the recipient of the Federation of Canadian Municipalities 2011 FCM Green Champion Award – Individual. He has also been recognized as a recipient of the Canada 125 medal for Community Service and received special recognition awards from the Shri Guru Ravidass Temple, and the Arul Migu Thurka Devi Hindu Society B.C. for community service.

Eye Camps in rural parts of India and Free Eye Health Clinics in British Columbia.



## Tony da Rosa, PHF Director, Treasurer, Founding Member

President, Perosa Insurance, Vancouver. A dedicated volunteer tirelessly supported the activities of Canadian Eyesight Global formerly Project Eyesight-India since 1989. Past President of Rotary Club of Burnaby-Hastings. R.I. Dist. 5040, BC. Canada. Supported restoration of eyesight and prevention of blindness program in rural parts of India, since 1989.

## Awards.

**1988 Distinguished Service Award**, by the Rotary International, Global Polio Eradication Initiative, by Hon. John Fraser, Speaker of the House of Commons, Canada.

**1993 Service Above Self Award**, by the President of Rotary International, Clifford Dochterman.

**1997 Meritorious Service Medal**, by the Rt. Hon. Roméo LeBlanc, Governor General of Canada.

**1998 Humanitarian Award**, by Indo-Canada Chamber of Commerce, Toronto, ON. by the Hon. Paul Martin, Federal Minister of Finance, Canada.

**2005 Outstanding Community Service Award** of the Real Estate Board of Greater Vancouver.

**2006 2006 Business Excellence Award**. in the Not-for-Profit sector by the Surrey Board of Trade.

**2007 2006 Community Mentor Award** by the Surrey Leader Newspaper, and many other highest awards were conferred to Mr. Jubbal.

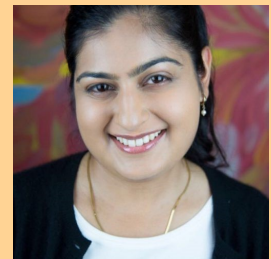
## Vicki Singh, BSc Executive Director and Secretary, Founding Member

Vicki Singh is a founding member of Canadian Eyesight Global, formerly Project Eyesight-India, since 1989. She brings her forthright approach and experience as a publisher, event producer and project management to the charity. She is very inspired by the team of leading professionals and volunteers who have invested their efforts and energy into Canadian Eyesight Global; as they ultimately have helped improve the lives of unlimited people in rural part of India and supported the free Eye Health Clinics in Canada.



## Tanveer Kaur Sohal, BA, MPH Director, Joint Secretary

Tanveer completed her Bachelor of Arts in Health Sciences from Simon Fraser University and Master of Public Health (MPH) from the University of Sydney, Australia. Over the past several years, Tanveer has been extensively involved in several volunteer roles with Canadian Eyesight Global and Diabetes Canada including assisting in organizing several diabetes health forums, community fairs and expos for high-risk ethnic populations such as the South Asian community. She is an active Rotarian and enjoys traveling.



## Satwant Ginder Sangha, PHF Director

President, Best Lumber and Supplies Ltd. and Best Lumber Holdings Ltd. A long term dedicated Rotarian, recipient of the Rotary of the year award for District 5040 including Paul Harris Award 5 times. Satwant was also awarded the Queen Elizabeth II Diamond Jubilee Medal and a number of other highest awards and recognitions. Satwant has been a staunch supporter, since 1989, of Canadian Eyesight Global activities for supporting Eye Camps in rural parts of India and Free Eye Health Clinics in British Columbia



CONTINUED ON NEXT PAGE ►



## **Dr. Truman Spring, BA, PDP, MA Coun., MA Psyc, PhD Ed. Psych** **Director, Co-Treasurer**

Dr. Spring is currently the Associate Director of the Masters of Leadership in Education program and a professor at City University in Canada. Dr. Spring has been in senior management in the public school system for over 15 years and has also worked within the education departments of the University of British Columbia, Simon Fraser University, and Langara College.

His non-profit work has included the role of President with the Laurel Foundation, Director for the British Columbia Administrators in Special Education, CEO of Prescient Technologies, and has been active within Canadian Eyesight Global for many years. Dr. Spring has also been a long time member of the Rotarians. His father (late) Jack Spring was a founding member of Canadian Eyesight Global.



## **Dr. David R.S. Neima,** **MD, FRCS(C) OPHTHL, PHF** **Director, Founding Member**

Dr. David Neima is a founding member of Canadian Eyesight Global, a New Westminster based ophthalmologist who has provided free surgery and eyeglasses for thousands of needy people around the world. David strives to provide the best care to all of his patients and strives to help achieve Canadian Eyesight Global's vision in the fight against preventable blindness both in Canada and rural India.

He has been selected as the recipient of Douglas College's highest distinction as an Honorary Fellow, and continues providing his services for Canadian Eyesight Global as an experienced eye doctor.

## **Dr. Parmjit S. Sohal, MD,** **BSc, MSc, PhD, CCFP, FACN** **Director, Founding Member**

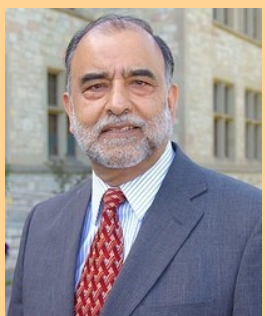
For his patients, students, and colleagues, Dr Parmjit Sohal has set the standard as a dedicated family doctor and a caring member of his community. After earning a PhD from the University of Saskatchewan and a medical degree from the University of Alberta, Dr Sohal completed his family medicine residency at the University of British Columbia (UBC) in 1997. That same year, he received certification in family medicine from the College of Family Physicians of Canada (CFPC), and became a Fellow in 2008. Since 1997, Dr Sohal has been a family physician in Surrey.



Dr Sohal has particular expertise in the prevention and management of diabetes and cardiovascular disease, with a focus on the South Asian community. The Canadian Diabetes Association acknowledged Dr. Sohal's work by presenting him with the National Volunteer of the Year Award and Outstanding Health Professional Award.

## **Dr. Jay Kalra, MD,** **PhD, FRCPC, FCAHS, PHF** **Director, Founding Member**

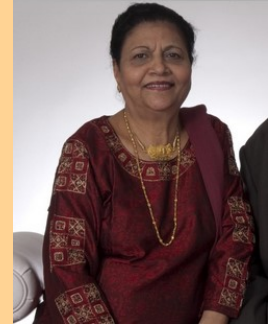
Dr. Jawahar (Jay) Kalra, is an award-winning clinical researcher, educator, healthcare provider, academic leader, and community builder. He is committed to social justice, human welfare and diversity, and to inspiring others to build a stronger society, working alongside leaders of Aboriginal, newcomer and other communities to promote co-operation, recognition and understanding among all ethnic groups in Saskatchewan and beyond.



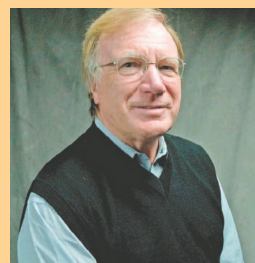
The impact of Dr. Kalra's professional, community and volunteer contributions has been recognized through many awards, including the Queen Elizabeth II Golden and Diamond Jubilee medals, the Saskatchewan Centennial Leadership Award, the RBC Top 25 Canadian Immigrant Award, the Paul Yuzyk award for Multiculturalism-Lifetime Achievement, the Saskatchewan Health Research Foundation Achievement Award in Clinical Research, and the CTV 2015 Saskatoon Citizen of the Year Award. He is also recognized for his many contributions as a clinical scientist, educator, health system leader and academic administrator.

## **Saroop Kaur Jubbal, PHF** **Director, Founding Member**

Saroop Kaur Jubbal, immigrated to Canada in 1970. Recipient of the Rotary Paul Harris Fellow Award. She was the inspiration to establish Canadian Eyesight Global, formerly Project Eyesight-India, since 1989. She has dedicated more than 30 golden years of her life, supported restoration of eyesight over tens of thousands people and unlimited people treated for avoidable blindness since 1989. She is a dedicated coordinator, volunteer and supported Free Eye Health Clinics in British Columbia, since 2003.



## **Nelson A. Riis, MA, MP (Retired)** **Director, Founding Member**



Nelson Riis is a Canadian businessman and former politician and Member of Parliament of Canada, for the New Democratic Party (NDP). Mr. Riis served as an MP for Kamloops, BC from 1980 until 2000, and held the positions of Parliamentary House Leader, Deputy Party Leader, Caucus Chair and served on the Finance Committee in the House of Commons. Mr. Riis specialized in fiscal and monetary policy development. A geographer and teacher by profession, Riis taught in public schools and at the post-secondary level. He taught at what is presently known as Thompson Rivers

University, and served as chair of social sciences for ten years. He served as an alderman in Kamloops, British Columbia from 1973 to 1978, and as a school trustee from 1978 until 1980. He was director of the Thompson-Nicola Regional District.

## **Mohinderpal (Sahib) S. Rana** **Director, Founding Member**

Both a flourishing businessman and entrepreneur, Sahib Rana thrives on turning ideas into a reality. Whether it be trying to better himself to help his community or social work under various pretexts, helping others is what makes him truly content. Having a professional background composed of many diverse aspects, Rana brings an exquisite and thrilling perspective to the organization. With his thorough set of life experiences and passion for giving, he enjoys life and all the fruits that comes from his labor.



## **Raj Joshi** **Director**



Raj Joshi is a professional accountant. After completing several years in public accounting, he branched out into private industry. Raj's father and mother were heavily involved with the Rotary Club in Canada, resulting in him meeting high energy Rotarian Anup Singh Jubbal.

Raj replaced his father (Late) Dinker Joshi, PHF as a founding member of Canadian Eyesight Global, and looks forward to supporting Mr. Jubbal's humanitarian work.



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



THE KAMPOOPS NEWS - MONDAY, NOVEMBER 14, 1977

## SHEIK MEETS KAMLOOPSIAN

KAMPOOPS 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 in 1977.

Jubbal attended the Kuwait and Tehran Fairs reports that the local people should try the Far East if they think the Cost of living is high here. He paid \$1 for a cup of coffee in Kuwait, while hotel rooms go from \$100 a day.



**BARRY RASSIN**  
R. I. PRESIDENT



**BARJESH SINGHAL**  
DIST. GOVERNOR



**Rtn. Varinder S. Gulati**  
President 2018-19



**ROTARY CLUB AMRITSAR MIDTOWN**  
Chartered on 8th April, 1983  
Club Code : 043070015217



**the Gateway**  
Club Bulletin



**BE THE INSPIRATION**



**Rtn. Rishi Khanna**  
Secretary 2018-19



**Rtn. Arun Kapur**  
Advisor & Editor



**Rtn. Avinash Mohindru**  
Advisor

### REPUBLIC DAY CELEBRATIONS



Meeting No: 1865 coincided with Republic Day Celebrations on 26th January, 2019 at Bhavan's SL Public School from 9:30 to 11:00am. National Flag was unfurled at 9:30 am sharp. Interesting program depicting Indian culture values was presented by the school students. School Chairman PDG Avinash Mohindru and Director Principal, Dr. Mrs. Anita Balla gave inspirational addresses. Chief Guest PDG Surendra Seth engaged the students and motivated them in an interesting and interactive manner. He was accompanied by gracious Mrs. Vineeta Seth. The meeting was followed by high tea.



**Robin Singh,**  
**Ms(Law), MBA, Ms(IT), CCEP-I, CFE, HCCP**  
 3rd degree connection3rd  
**Ethics, Compliance and Anti-fraud/Anti Corruption Leader**  
**United Arab Emirates**  
 Send a message to Robin Singh, Ms(Law), MBA, Ms(IT),  
 CCEP-I, CFE, HCCP

Dear Mr. Jubbal,

Greetings and Best wishes.

Just typing your name in google gives a staggering amount of results about you and your achievements. That is very commendable and something to be proud of for all of us. It was very heartening to read an article which mentioned that you gave up a portion of your house to provide care and clinical activities. Furthermore, learning about some facts about your real estate business and urging society to build hospitals are very noble and laudable. There is no doubt that you have done a lot for the community and given back to society and the country to which your roots belong - India. I am sure that your perseverance and hard work has made a difference in the lives of the people whom you have treated and their family members because of your selfless nature and using your influence and power towards help humanity in some form or the other. The attached picture which I found was very satisfying.

Robin is winner of the prestigious 'Top 50 Healthcare Leaders' award across the Middle East in the domain of Compliance, Ethics and Fraud Investigations and interviewed and podcasted by various international consortia such as Corporate Compliance, Ethics Compliance Initiative (ECI), Ethics and Compliance Office (ECO) and the like, he has established himself as a subject matter expert in the Middle East and South East Asia region in the subject.

He has a sound educational background, with three internationally recognized Masters qualifications from top schools of India and the USA (Chicago and Virginia) with specializations in Management, IT and Law with strong support from his parents.

Robin has worked across jurisdictions such as UAE, Kuwait, Qatar, Oman, Afghanistan, Singapore, and India and other neighboring countries; Specialized in managing teams and mentoring multi-jurisdictional staff on complex engagements relating to Ethics, Compliance, Whistle-blowing, Corruption, and Data Analytics in the verticals of Healthcare and BFSI;

He has guided/consulted governments and fortune 500 companies across various jurisdictions to build Ethics and Compliance Program / Framework and help strategically navigating through ethical and regulatory scenarios/dilemmas from being subject to regulatory implications.

He has authored more than 20 papers/articles across various international journal and magazines such as Thomson Reuters, Fraud Magazine by ACFE, Society of Corporate Compliance and Ethics (SCCE), Healthcare Compliance Today (HCCA), Law360, Asia Mena Counsel, compliancetoday.com, navexglobal.com, etc.

He is currently working with Abu Dhabi government leading the role of Ethics, Regulatory Compliance, and Fraud Examination / Investigations, where he in last 4.5 years built the first ever government driven Compliance and Ethics program with state-of-the art infrastructure and resources based on leading international practices.

His aim is to work in the Healthcare, Pharma and other associated domain in close contact with human beings and ingrain the culture of ethics and compliance in a proactive manner in order to avoid any corporate collapse such as Big Pharma Collapses, healthcare entities being defrauded, Enron collapse, Siemens, bribery case, Satyam accounting scandal, IMDB, as the world has seen in the past.



**K K Dhir**  
**Past District Governor (2015-16)**  
**District 3070**

Dear Anup ji

Highly informative and presentable newsletter. You reached Bilga and Ludhiana is not far away. **Please plan for Ludhiana. We are ready.**

With Regards for all Rotarian friends



Dear Mr Jubbal ,

We really appreciate the great services you are providing to various communities on International levels. We are proud of your wealthy cause & healthy support to the society.

Our best wishes to your great organization to keep it going. it is a biggest contribution & charity you can provide to the eye sights of the public.

Everyone will appreciate that EYE is the most important organ of a human for happiness on their faces as well as the lives..... Just Fantastic !!

**Thank You ...&...Best Regards:**

**RAJ GUPTA**

Anup,

I really enjoyed the video of Mega Eye Camp, village Bilga, Punjab. India. It gave reality to the work being done. The photo gallery was good too. Real progress is being made.

**Nelson Riis**

Retired Member of Parliament  
 Canada.

Dear Mr. Jubbal,

Best wishes for your achievements.....

We thoroughly appreciate your duties towards society...

May God bless you with much more ability to do this pious job....

Regards

**Mandeep (Deepa) Kaur**

Raigarh. India



# CANADIAN EYESIGHT GLOBAL MEGA EYE CAMP IN BILGA VILLAGE, JALANDHAR, PUNJAB



▶ [Watch this video of the Mega Eye Camp in Bilga village](#)

▶ [See pictures of the Mega Eye Camp in Bilga village](#)

**Supported by Rotary Club of Surrey, B.C. Canada and Rotary Club of Jalandhar West, India.**

## EYE CAMP FEBRUARY 2019



# Eye Camp near Amritsar, January 2019.





# What is in Rotary?

## Celebrate Rotary's anniversary

On 23 February, Rotary will celebrated its 114th anniversary. Consider making a special birthday gift to The Rotary Foundation today. When you give to the Annual Fund, you empower Rotarians like you to improve communities close to home and around the globe.



ACCESS TO TOILETS



HEALTHIER SCHOOLS



WATER SUPPLY



WATER FOR A COMMUNITY



WASH IN SCHOOLS

## March is Water and Sanitation Month.

Through water, sanitation, and hygiene programs, Rotary's people of action mobilize resources, form partnerships, and invest in infrastructure and training that result in long-term change. [Read about Rotary's water and sanitation work](#) and celebrate World Water Day with us on 22 March.



## Rotary clubs harness international connections to tackle U.S. opioid crisis

After months of doing research and consulting with health officials, substance abuse experts, educators, and media professionals, New York Rotary members put together a plan to fight a major U.S. problem: opioid addiction. But they needed an international partner for their Rotary Foundation global grant project. Six months of searching connected them with the Rotary Club of Tijuana Oeste, Baja California, Mexico. Clubs in Canada and India also agreed to support the project with funds.

*"It gives me hope that projects like this can happen across the country. Rotary has the resources and know-how to tackle this problem. Nothing is too big for us."*

— Jo Ann Wickman, Rotary Club of Cortland, New York, USA

**18,380+**  
people die every day from opioid  
-related drug overdoses in the  
U.S.

**8,181 million**  
people have abused  
prescription opioids in 2016

**8,487,808,080+**  
people died from overdosing on  
opioids in 2017

**89,808,080+**  
people died in Canada between  
2016-18 from opioid-related  
deaths

## Turning teens away from Crime

Akeem Stephenson wanted to go to jail. He believed it was the only way he could free himself from a life of crime — a life he desperately wanted to change. After being arrested for a fourth time more than 10 years ago, for aggravated robbery, the teenager in Toronto, Ontario, Canada, was set to go to prison. But the judge saw something in Stephenson that suggested that he could redeem himself.

**So he gave Stephenson a choice: participate in an 18-month youth program, or serve the six-month sentence.**

For Stephenson, the choice was clear. He decided to transform his life through the PACT Urban Peace Program.

PACT, which stands for Participation, Acknowledgement, Commitment, and Transformation, is a Toronto-based, award-winning charity supported by Rotary clubs in Canada. It works with at-risk young people and those who have committed crimes to change their direction in life. Entrepreneur and Toronto Rotary member David Lockett co-founded the program more than 20 years ago.



**WATCH THIS VIDEO  
EIGHT YEARS LATER:  
How PACT with the support of  
Rotary is making a difference**

[READ MORE ON THIS STORY . . .](#)

[READ MORE ON THE PACT PROGRAM](#)

**225**

the number of young offenders  
PACT has coached since 2006

**65%**

of youths coached  
DID NOT RE-OFFEND

**\$3,600**

PACT's cost to coach one youth  
offender

**\$120,000**

the average annual cost of  
keeping just one inmate in prison



# FOSTERING PEACE THROUGH STORIES

namaste

yaai

**A British-born Sikh who leads the International Storytelling Center in the U.S., Kiran Singh Sirah believes spinning tales can foster world peace**

By Jeff Ruby Photos by Ian Curcio

In August 2017, a small group of white supremacists planned to stage a Confederate rally in Knoxville, Tennessee, USA. It had been two weeks since violence erupted at the Unite the Right rally in Charlottesville, Virginia, and people's anger had not cooled.

When Kiran Singh Sirah checked his Facebook feed, he found much boasting about going to the rally to "beat up Nazis." Unimpressed, he posted a long and persuasive comment urging a different kind of action. "Channel that anger and figure out your own best alternative-non-violent means, skill set, talent to contribute to

southern England — the earliest at age five when a neo-Nazi knocked him from his bike — did not much care for that response. "I can defend myself," he told the commenter. "And if you're willing to take an oath of non-violence, I will stand on the frontline with you. Even if they beat you up, I will join you." His words did not appear to sway anyone.

A few days later, Sirah made the 107-mile trek from his home in Johnson City, Tennessee, to Knoxville. But while 3,000 protesters amassed to counter a group of roughly 35 nationalists at a Confederate memorial, Sirah attended an alternative interfaith rally that celebrated diversity.

"It was a great event," he said, "the perfect response to the other rally," at which, it turns out, there was not a single act of violence. "At the very least, you've got to know you've done the right thing yourself."

Ask Kiran Singh Sirah how he's doing, and he will tell you. Honestly. Deeply. Lengthily. Every human interaction is a sacred thing to him, a chance to know another person on this earth. To hear their story. And his insatiable curiosity draws people in. "Kiran doesn't do small talk," says one friend. "He comes up to you and says, 'How's your soul?' And he really wants to know."

As president of the nonprofit International Storytelling Center in the small Appalachian town of Jonesborough, Tennessee, Sirah, 42, is constantly talking. Whether at the Library of Congress, at the Kennedy Center, or in a bar over a couple of beers, the goal is always the same: to get people to listen, not necessarily to him, but to one another. Because in Sirah's world, listening — really, honestly listening — leads to understanding, understanding leads to connection, and connection leads to peace. "Storytelling is not meant to be a sound bite," he says. "It's not 140 characters. It's about filling the completeness of who we were and what we can be, and it can help us to change the world."

When Sirah talks about storytelling, he doesn't just mean Grandma spinning yarns from her rocking chair. Nor is it necessarily the open mics, slam poetry competitions, and slew of spoken-word podcasts. It's all of the above and everything else. To Sirah, storytelling encompasses everything about who we are, what we believe, where we've been, and where we want to go.

**READ MORE ON  
THE ROTARIAN MARCH 2019 ISSUE**

**WATCH HIS VIDEO ON  
TEDx**



*Kiran Singh Sirah was honored as one of Rotary's "People of Action: Champions of Peace" at Rotary Day at the United Nations in Geneva in 2017.*



## STATE OF ROTARY MEMBERSHIP

As of 1 January 2019

	1 January 2019	Change since 1 July 2018
Members	1,206,501	+11,394
Rotary Clubs	35,663	-18
% Women	23%	+1%
Ages 50-69	28%	--
≈ 80,000 PEOPLE JOINED	≈ 60,000 MEMBERS LEFT	1,206,501 1 JAN 2019



*"I learned that as long as you are serving society, then you are doing good," says Rotary peace fellow Kiran Singh Sirah.*

a better world," he wrote. "Activism also means writing, telling or collecting stories, mobilizing, working on policy, offering a service, writing a letter, getting educated, educating oneself, being part of a community garden."

In the blustery, knee-jerk world of Facebook, this proposal sounded a lot less sexy. It also sounded like a lot more work. One commenter snapped, "Well, if you don't want to go, we'll fight your fight for you."

Sirah, who has 26 stitches on his face from multiple attacks during his childhood in

# ROTARY CLUB OF SURREY

Our best meeting of the year ... We were firing on all 12 cylinders.



Inducted 2 new [returning] members



A great presentation by Dan Gallant on Rotary World Help



Two very active Rotarians from India joined us for breakfast on February 14, 2019.

Husband and wife rotary members Sukhi and Harinder Mahal members of the Rotary club of Indore Meghdoot in District 3040 visited with us and told us of their personal and Rotary history. They are planning to move to Surrey in the near future. We donated to the Canadian Eyesight in their name to honour their visit.

Judging by the eMail we received, we made a good impression.

[Photo with Anup Jubbal President and CEO (Founder) Canadian Eyesight Global, with Rotarians Suky and Harinder Mahal]

## From India with Love

*Dear John,*

*Thank you for inviting us to your club meeting today morning. It was so good to see & meet you all the members of a wonderfully active club. We appreciate the zeal and energy of all members.*

*As we are now in the process of settling down in Vancouver permanently, we look forward to meet you all again. We also thank you all for the warm welcome extended to us and invitation for the membership of RC of Surrey. We will take a little while to decide on it. Also thank you for the sumptuous breakfast.*

*Look forward to see you soon.*

*Warm Regards  
Sukhi and Harinder*



# 10 Health Benefits of Lemons and Limes

*Lemons and limes don't get the respect they deserve in the nutrition hierarchy. These citrus fruits are usually an afterthought, at best a seasoning and at worst a purely ornamental garnish. But we're here to save lemons and limes from nutritional obscurity. The juice, skin, and flesh of these little fruits contain enough nutritional benefits to become a staple of your diet.*



*Here are the top 10 health benefits of lemons and limes.*

## Boosts Immune System:

These two citrus fruits are packed with Vitamin C, a powerful immune booster. You need to consume vitamin C in your diet, as your body doesn't produce it on its own. Vitamin C aids the immune system by attacking the nucleic acid of virus cells and also obliterating bacteria. A 2009 study showed that Vitamin C helps in reducing the duration of the common cold.

## Helps Prevent Asthma:

For millennia, people have drank lemon juice to prevent and treat asthma. The high concentrations of vitamin C and anti-oxidants are the primary factor behind the juice's benefits for asthma. Vitamin C boosts the immune system, helping a person become more resistant to external factors that trigger an asthma attack. It also helps the lungs breathe easier.

## Increase Iron Absorption:

The mineral iron is vital because it helps the blood carry oxygen to the cells and produces energy for regular cell function. Both the citric acid and vitamin C found in lemons and limes facilitate your body's absorption of non-heme iron, which is the iron found in plant-based foods. So next squeeze some lemon juice on your next salad, spinach, or grilled veg!

## Helps Fight Cancer:

Lemon peels contain a high dosage of a terpene compound called d-limonene. In lab studies with animals, d-limonene had a considerable

positive effect on cancer cells. More recently, in a study conducted by the University of Arizona on a group of 43 women with operable breast cancer, those given 2 grams of limonene daily showed a 22% reduction in the expression of tumor markers. Another study linked citrus peels to a reduced risk of cancerous skin cells.

## Better Complexion:

Lemons, limes, and oranges all contain collagen, a nutrient crucial to achieving younger, wrinkle free skin. Collagen delays the aging process and tightens your skin. The vitamin C present in citrus also naturally brightens skin with regular intake. Just take caution when applying directly to the skin, as it can permanently lighten the skin and can lead to brown spots with direct sun exposure.

## Lowers Risk of Stroke and Lowers Blood Pressure:

A study found that an ingredient in citrus fruit called auroaptene lowers blood pressure in rodents bred with hypertension. Lemons are an age-old staple of eastern medicine, which prizes them for keeping blood vessels soft and pliable, which reduces blood pressure.

## Assists Nervous System:

Lemons and limes are high in potassium, which is crucial to nervous system health. Low levels of potassium in the blood can cause anxiety and depression. The nervous system also needs an adequate amount of potassium to send sustainable signals to the heart.

## Highly Alkalizing:

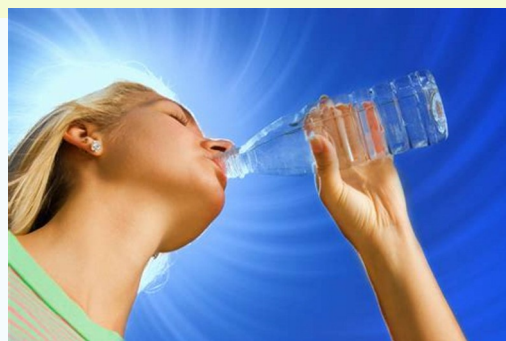
Citrus fruits are acidic outside of the body. But once they are fully metabolized, the lemon/lime's minerals are dissociated in the bloodstream. This raises the pH of body tissue above 7, making the body more alkaline. We wrote an article here about the top 10 health benefits of alkalinity.

## Is a Powerful Anti-Viral and Anti-Inflammatory:

Lemon and lime juice are proven antibacterial and antiviral. They have powerful antiviral properties on the mucous membranes in the nose and throat when ill, and boost the immune system internally. For centuries, people have used lemon juice to speed up the recovery from canker sores. In addition, the fruits' anti-inflammatory properties help fight respiratory tract infections, sore throats and inflammation of the tonsils.

## Helps Relieve Constipation:

The citric acid in limes and lemons aid with digestion because it interacts with other enzymes and acids which stimulate the secretion of gastric juice and promote digestion. Lemon essential oil is slightly different than lemon juice, and is a much more concentrated version that has long been touted as an alternative medicine, especially used with digestion and constipation. The bile production that lemon induces can also increase intestinal peristalsis.



## 10 Reasons to Drink Water:

Staying hydrated, especially during the summer, is so important to a healthy lifestyle. Our bodies are made up of almost 70% water. When water is not present, the body starts to break down and problems begin to happen. Most people do not even realize they are dehydrated! Many times, the feeling of thirst is actually mistaken for a feeling of hunger.

With readily available medications, it is easy to want them to help with some common complaints such as muscle soreness, weight loss, headaches- when

in reality something so simple as water can cure so much!

## Reduces Kidney Stones:

- ◆ kidney stones are a result of a buildup of mineral deposits in the kidney
- ◆ drinking dilutes these salts and minerals
- ◆ stones cannot form in dilute urine
- ◆ helps reduce the chance of urinary tract infections

## Helps with Digestion:

- ◆ helps dissolve waste particles
- ◆ helps pass them through digestive tract
- ◆ if dehydrated, body absorbs all the water, leaving colon dry
- ◆ hard to pass stool

## Clearer Skin:

- ◆ hydrated cells are plump, eliminating the look of wrinkles and lines
- ◆ flushes out impurities and increases blood flow
- ◆ skin looks younger and healthier
- ◆ moisturizes
- ◆ reduces risk of acne

## Increase workout time:

- ◆ helps lubricate joints
- ◆ prevents muscle cramping
- ◆ help exercise time to be longer and harder

## Boost your Energy:

- ◆ dehydration makes you feel tired
- ◆ helps your heart pump blood efficiently
- ◆ helps blood transport necessary nutrients and oxygen to cells

## Lose Weight:

- ◆ cold water boosts metabolism-body must warm up water!
- ◆ gives the sensation of fullness, helping to eat less
- ◆ drink some water before eating each meal
- ◆ drink water in between-most of the time the feeling of hunger is actually thirst!

## Boosts Immune system:

- ◆ helps fight against sickness
- ◆ helps when sick to reduce loss of body fluids
- ◆ prevent nausea and vomiting

## Regulates body temperature:

- ◆ helps cool the body when it is evaporated from skin
- ◆ keeping body at a constant body temperature

## Helps with Bad Breath:

- ◆ bad breath can be a sign of dehydration
- ◆ keeps mouth wet
- ◆ helps wash away bacteria and food particles

## Save money:

- ◆ is free from the faucet
- ◆ drinking water as opposed to sugary drinks will save you money at the grocery and long term-from health problems.

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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 world's 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,  
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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.

## PROJECT EYESIGHT-INDIA

*Thirty Years ago, in 1989, Mr. Anup Singh Jubbal made a commitment - to serve the people of his native state of Punjab, in India, in such a way that it will make meaningful difference in their quality of life.*

*From the beginning as Eyesight Project - India, his vision - Canadian Eyesight Global - has now grown into a global charitable organization receiving support locally and internationally from many sources, including Rotary International.*



## CANADIAN EYESIGHT GLOBAL

### Anup Singh Jubbal's Vision

*"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.*

### Anup Singh Jubbal's Philosophy

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

## 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.*



## 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](mailto:info@canadianeyesight.org)



CANADIAN  
EYESIGHT  
GLOBAL



## Canadian Eyesight Global

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Project Eyesight

