



Giving Light to the World



CANADIAN EYESIGHT GLOBAL



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NEWSLETTER JANUARY 2019



Visitors line up at the Canadian Eyesight Global Eye Camp in Bilga Village near Jalandhar on November 4, 2018

Rotary
Club of Surrey



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

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

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MESSAGE

I am very happy to know that Canadian Eyesight Global is organizing a Gala Dinner to celebrate 25 years of their existence in service of humanity and promoting the awareness for available blindness.

It has been my pleasure to be Honorary Director on the Board of the organization and I do consider it to be a privilege having known the remarkable work that had been done in the past.

I remember very well that almost about the time of my being Rotary International President, I got to know Mr. Anup Singh Jubbal and that was the start of work towards the cause of promoting cataract surgeries in India and other places of need. His one-man dedication and commitment brought many other like-minded humanitarians to support the cause and the organization started blossoming. Such progress is indeed remarkable and I recognize that the top state and national leaders in Canada, other philanthropists have blessed this organization in its objective and have thus added to the strength and resources for enhancing the service capabilities. I suppose that this event is the celebration of the achievements of the past as also challenges for the future for increased participation and awareness.

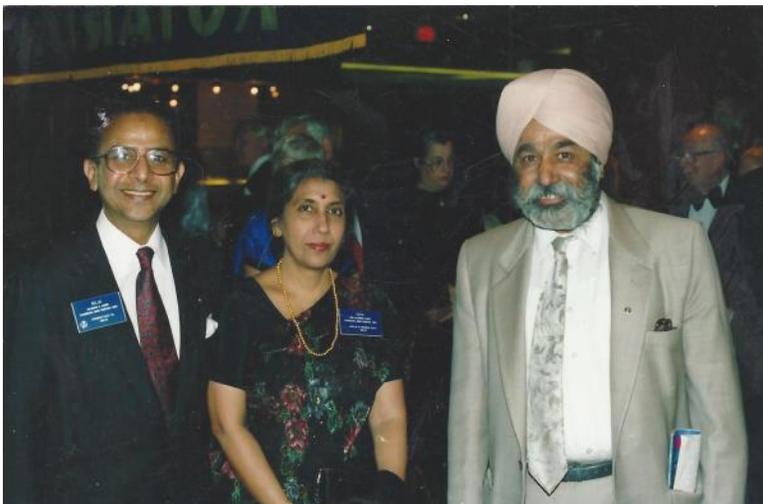
I want to thank Mr. Anup S.Jubbal and all other team members for looking beyond themselves and promoting the cause for better quality of life and human dignity around the world.

I wish the event all success and the organization to rise to new heights of service.



Rajendra K. Saboo

*Rotarian Rajendra K. Saboo,
is the Honorary Director of
Canadian Eyesight Global.



Rotarian Rajendra K. Saboo, President (1991-92) Rotary International, Mrs. Usha Saboo and Anup Singh Jubbal, President (Founder) Canadian Eyesight Global formerly Project Eyesight-India.

Photographed in 1990 in Vancouver, BC.



Rotarian Rajendra K. Saboo and Mrs. Usha Saboo with Mother Teresa.

In 1981, the Saboos met Mother Teresa, whom Saboo persuaded to speak at that year's Rotary International Convention.

20 years of 'Service Beyond Borders'

By Frank Bures, *The Rotarian*

Former RI president helps send hundreds of volunteers around the world to perform 67,000 surgeries, examine 250,000 patients

WHEN RAJENDRA SABOO finished his term as president of Rotary International in 1992, he started thinking about how he could continue to help people. And by 1998, after serving as Rotary Foundation trustee chair, he knew he wanted to do something hands-on.

"When I was Rotary president, my theme was *'Looking Beyond Yourself'*, says Saboo, a member of the Rotary Club of Chandigarh, India. "I was thinking about service beyond borders. So I thought, 'Is there anything that India can give?' I realized that medical science in India is fairly advanced, and there are doctors - Rotarian doctors - who could give something to Africa, where the medical needs are tremendous."

Saboo talked to Nandlal Parekh, a fellow Rotarian and a physician who had worked in Uganda before being forced out by dictator Idi Amin. Parekh thought Uganda, even though it was still in the midst of a civil war, would be an excellent place for a medical mission. The trip that Saboo organized in 1998 was the start of 20 years of medical missions and over 67,000 surgeries

To accompany him on that first trip, Saboo assembled a team of surgeons with experience performing corrective surgery on patients with polio, as well as a team of ophthalmologists. Then, a few days before they were scheduled to depart, terrorists bombed the U.S. embassies in Kenya and Tanzania, killing hundreds of people. A third attack, in the Ugandan Capital of Kampala, was foiled.

"We were terrified," he says. "The doctors were also saying, 'Should we go? Will we be safe?'"

Then Saboo's wife Usha, talked to a woman who had returned from volunteering to help people wounded in the war in the former Yugoslavia. Usha asked her if she had been afraid.

"You die only once," the woman replied. "And it is the way you die that matters. I did not find any fear at the time, because I was serving humanity."

"That answer hit Usha," recalls Saboo. "She told me about it. Then we called a meeting where

she recounted her conversation. The doctors and the volunteers said, 'We are ready to go.'"

They arrived three days after the bombings. From Kampala, one team took a bus four hours east to Masaka, while another went north to Gulu to perform eye surgery. The local hospital hadn't seen an ophthalmologist in seven years. Some of the old women danced after their eye surgery because they had never seen their grandchildren.

Saboo, who has no medical training himself, got squeamish when he saw blood. But the team needed all the volunteers to pitch in - by washing the dirty feet of children in preparation for surgery, loading patients on stretchers, helping to start the IV drips, and doing anything else that needed to be done.

"Madhav Borate, who was the leader of our medical mission, said, 'Raja, change your clothes and come to the operating theater. You have to hold the patient's wrist while we are operating and monitor the pulse,'" Saboo recalls. "I said, 'Madhav, are you mad? I can't even stand seeing someone receiving an injection. I can't stand the sight of blood. I would faint.'"

Borate recalls that day too. "The operating rooms were lacking in monitoring equipment, including a device called a pulse oximeter," he says. "So we decided to train



During a 2016 mission to Kigali, Rwanda, Saboo demonstrated that he had overcome his discomfort with blood to become an effective member of the medical team.

three Rotarians to feel the pulse of the patients and inform the anesthetist if it became too fast or too slow. We started referring to the volunteers as our pulse meters."

"I saw blood," says Saboo. "I saw everything, and nothing happened to me. That changed me totally."

Immediately upon their return to India, the team members started planning their next trip, this time to Ethiopia, with additional specialists. The third year they went to Nigeria. In the 20 years since that first trip to Uganda, they've sent more than 500 volunteers to 43 countries, performed 67,000 surgeries, examined 250,000 patients, and received \$2.4 million in grants from The Rotary Foundation and from districts in Japan, Korea, Taiwan, and other countries. They've arranged for patients in Africa with complicated medical problems to be flown to India for

treatment, and have conducted missions within India itself.

Last year, for the mission's 20th anniversary, the team returned to Uganda. The country is wealthier and more peaceful now but still has many needs.

"The infrastructure and facilities at the hospital were much better, and the nursing staff was cooperative and helpful," says Borate. "But there was still a severe shortage of supplies, instruments, and equipment even for routine operations."

Nonetheless, with the help of Rotarians and doctors from Uganda, the team performed 1,100 surgeries, including 440 eye operations, 452 dental procedures, 25 reconstructive surgeries, and 84 general surgeries.

"It is the greatest impact I have seen in my 22 years as a Rotarian," says Emmanuel Katongole, past governor of District 9211 (Tanzania and Uganda). "To see so many people with such complex problems, queuing for days for operations, and to see the happiness on their faces. We're still getting calls asking, 'Where are the Indian doctors? Can they come back?'"

For 2019, Saboo has an even bigger goal. "Sam Owori, who was selected to be the 2018-19 RI president but who passed away in 2017, said to me, 'Raja, during my year as president, I would like you to arrange a team of medical doctors to go to every district of Africa.' I said, 'I'll try,'" he says.

"After Sam died, President Barry Rassin said to me, 'Raja, let us see if we can fulfill the dream that Sam had.' So now we are planning on that."



In 2015, Rajendra Saboo and his wife, Usha, were inducted into the Arch Klum Society.

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January 2019, Pages 34-35

Visitors to Canadian Eyesight Global Website in 2018



CANADIAN EYESIGHT GLOBAL FREE EYE CAMP HELD AT GURU-KI-WADALI VILLAGE, NEAR AMRITSAR, PUNJAB, INDIA ON JANUARY 6, 2019.



Sponsored in the sweet memory of (late) Sardar Harbans Singh Chhina, Calgary, Alberta, Canada, by his beloved wife Sardarni Parminder Kaur Chhina, and his beloved son and daughter-in-law Mr. and Mrs. Harbir S. Chhina and Monica Chinna and members of Chhina family, Calgary, Alberta, Canada.



Dear Anup ji,

Thank you for your New Year Greetings which I heartily reciprocate. We also wish you all and your family Seasons Greeting and a Very Happy and prosperous 2019 full of joy and good luck and above all good health.

With best wishes

Manjit S. Sawhney & Rita
District Governor 1997-98 (RID 3011)
Rotary Club of Delhi South Metropolitan

E 27, Anand Niketan, New Delhi 110021. India
Tele: 91 11 24110987 and 24111437.
Mobile: 91 9810285437
Fax: 91 11 41660987

Dear Shri Jubbal,
We warmly acknowledge your greetings for
New Year.

We sincerely reciprocate the same.

Best regards.

Arun Kapur & Kanchan
District Governor 1998-99 (RID 3070)



A Polio-Plus Fundraising Dinner was held in March 1988 in Vancouver, under the dedicated Chairmanship and coordinator Anup S. Jubbal, Rotary Club of Burnaby- Hastings. R.I. Dist.Q 5040.

The Keynote speaker was Rtn. Walter Maddocks, Executive Director, Rotary International. PolioPlus Campaign, . Rotarian Walter and his wife especially flew in for the event from Rotary Headquarters in Evanston, IL., USA.

Canada—At a PolioPlus fundraising dinner, the Honourable John A. Fraser,



speaker of Canada's House of Commons, presents a "Distinguished Service Award" to Anup Singh Jubbal of the Rotary Club of Burnaby-Hastings, B.C. Left to right: Fraser, Anup, 1987-88 President Dr. Lionel Fishman, Walter Maddocks.

[Please see story covered in The Rotarian Magazine Nov. 1988. \(Pages 42-43\)](#)

Quoted from the Rotarian,
November 1988 (Pages 42-43)

India gears up for all-out immunization

... Support for the effort in India has even come from other countries. In March, over 800 people attended a PolioPlus fundraising dinner for projects in India, sponsored by the Rotary Club of Burnaby-Hastings, B.C., Canada. Walter Maddocks was the keynote speaker. Among the guests were Consul General Jadish Sharma of India; Gordon Campbell, the mayor of Vancouver; and Anup Singh Jubbal, chairman of the club's PolioPlus Campaign Committee. Over C\$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.*

*In 2007 Government of Canada announced a new contribution of \$100 million over three fiscal years (between fiscal years 2017 to 2018 and 2019 to 2020) to the Global Polio Eradication Initiatives' (GPEI's) Endgame Strategic Plan.

Canada's support will be allocated to the World Health Organization (WHO) and UNICEF, the two main implementers of the GPEI, as follows:

- \$70 million for global support to polio eradication efforts
 - \$40 million to the WHO
 - \$30 million to UNICEF
- This support will enable the GPEI to have the required flexibility to allocate funds to where it is most needed, as well as react swiftly to unforeseen challenges;
- \$30 million to support polio eradication efforts in Afghanistan
 - \$15 million to the WHO
 - \$15 million to UNICEF

This additional funding will be used to increase vaccination campaigns, including improved social mobilization and outreach methods to reach every single child in order to achieve and sustain polio-free status.



Grand daughter of Nelson Riis during a visit to Golden temple, India.

(Ex Parliamentarian Nelson Riis is the Vice President, Government Relations of the Canadian Eyesight Global)

Nelson Riis, Director, Canadian Eyesight Global, visits Amritsar, India, with his Grand Daughter's trip to Amritsar. India.

When Anup Singh Jubbal offered me a position on the Board of Canadian Eyesight Global I was attracted by the generous and selfless work they did for poor people in the villages and rural areas of India. The Society really did make the world for these folks a better place.

Another organization, Youth Football Club (YFC), located in the Punjab region of India, started as a football club to offer young people something to do, provide guidance and direction and purpose in their lives. Over the years it has progressed to being an integrated community based grassroots organization -including eight villages surrounding the town of Ruka Kalan—focusing on education, health, youth development, sports and environmental understanding. Their work has touched thousands of lives as they partner with similar groups throughout India and overseas. One such group is Parmar Sports Training located in Ottawa, Canada. It's leader is Sanjeev Parmar who happens to coach an elite girl's soccer team in Ottawa. My grand daughter Kristen is a member on the team. He is a fabulous coach and is devoted to his girls. He asked the girls, along with their parents, whether they would be interested in travelling to India to participate in a major soccer tournament organized by UFC. Needless to say, they jumped at the opportunity. The girls worked hard to raise money to pay for the trip and raised an extra \$6,000.00 to pay for a project sponsored by UFC . They also collected 250 pairs of cleats to give to the needy children who wished to play soccer. They learned some Punjabi dance moves and gave Canadian flag pins to all the teams participating. Many of the girls asked for two pins and wore them as earring's.

They were warmly received by players and fans alike. I suspect that many lifelong friendships took root during all the fun they had after the games were played. The Ottawa team came in second in the tournament and lost to a team from the UK. Before the competition the girls toured Delhi, then travelled by train to Ruka Kalan and finally went to see the Golden Temple in Amritsar. They all agree that it was an awesome experience and that it had a major influence on the lives. They will never see the world the same as a result of such an exciting experience. A special thank you to Sanjeev whose leadership made this memorable adventure possible.





CANADIAN EYESIGHT GLOBAL

Free Eye Camp organized at
Bilga Village near Jalandhar
on November 4, 2018



By Arnold R. Grahl Photos by Alyce Henson

Rotary International President-elect Mark Daniel Maloney explained his vision for building a stronger Rotary, calling on leaders to expand connections to their communities and to embrace innovative membership models.

Maloney, a member of the Rotary Club of Decatur, Alabama, USA, unveiled the 2019-20 presidential theme, *Rotary Connects the World*, to incoming district governors at Rotary's annual training event, the International Assembly, in San Diego, California, USA, on Monday.

“The first emphasis is to grow Rotary — to grow our service, to grow the impact of our projects, but most importantly, to grow our membership so that we can achieve more,” Maloney said.

Maloney believes that connection is at the heart of the Rotary experience.

“(Rotary) allows us to connect with each other, in deep and meaningful ways, across our differences,” Maloney said. **“It connects us to people we would never otherwise have met, who are more like us than we ever could have known. It connects us to our communities, to professional opportunities, and to the people who need our help.”**

Maloney also called on every Rotary and Rotaract club to identify segments of their community not represented in their club by creating a membership committee with diverse members.

“Through Rotary, we connect to the incredible diversity of humanity on a truly unique footing, forging deep and lasting ties in pursuit of a common goal,” he added. **“In this ever more divided world, Rotary connects us all.”**

Maloney urged leaders to offer alternative meeting experiences and service opportunities to make it easier for busy professionals and people with many family obligations to serve in leadership roles.

“We need to foster a culture where Rotary does not compete with the family, but rather complements it,” Maloney said. **“That means taking real, practical steps to change the existing culture: being realistic in our expectations, considerate in our scheduling, and welcoming of children at Rotary events on every level.”**

Maloney said many of the barriers that prevent people from serving as leaders in Rotary are based on expectations that are no longer relevant.

“It is time to adapt, to change our culture, and to convey the message that you can be a great district governor without visiting every club individually, and a great president without doing everything yourself.”

Relationship with the United Nations

During 2019-20, Rotary will host a series of presidential conferences around the world, focusing on Rotary's relationship with the United Nations and the UN's sustainable development goals that many Rotary service projects support. More information will be available in July.

In 2020, the United Nations will celebrate the 75th anniversary of its charter and its mission of promoting peace. Rotary was one of 42 organizations the United States invited to serve as consultants to its delegation at the 1945 San Francisco conference, which led to the UN's charter. For decades, Rotary has worked alongside the United Nations to address humanitarian issues around the world. Today, Rotary holds the highest consultative status that the UN offers to nongovernmental organizations.

“Rotary shares the United Nations' enduring commitment to a healthier, more peaceful, and more sustainable world,” Maloney said. **“And Rotary offers something no other organization can match: an existing infrastructure that allows people from all over the world to connect in a spirit of service and peace and take meaningful action toward that goal.”**



RI President-elect Mark Daniel Maloney's theme for 2019-20, *Rotary Connects the World*, asks Rotarians to strengthen the many ways that Rotary Connects the World, building the connections that allow talented, thoughtful, and generous people to unite and take meaningful action through Rotary service.

After the storm

A year after Hurricane Maria tore through Puerto Rico, local Rotary members continue to rebuild homes and lives



Rivera greets Eladio Montalvo, who was forced to live in his car before the Mayagüez club helped him rebuild his home.

Eladio Montalvo faced a stark choice: risk drowning in his one-story home or climb through a window into the house next door. It was under construction but had a second floor where he could escape the rising floodwaters. He boosted his dog through and scrambled in after him. The two huddled inside an upstairs bathroom for 22 hours while Hurricane Maria raged over Puerto Rico. With 155 mph winds and torrential rains, Maria was the strongest hurricane to hit the island in more than 80 years.

After the storm, Montalvo went out to see what was left of the home he had lived in since 1958. The walls were standing, but the water inside had risen chest-high. Everything was destroyed. Without any family nearby, he had nowhere to go. He moved into his car.

“But after the storm came the calm,” he says. “Good people came.”

[READ MORE...](#)



Looking back at 10 years of riding to end polio
By Gary Hirsch, a member of the Rotary Club of Tucson, Arizona, USA

Roughly 10 years ago, Rotarian Michael J. Harris of the Casas Adobes Rotary was debating ways to help small Rotary clubs take advantage of the Bill & Melinda Gates Foundation’s 2:1 match for contributions to PolioPlus. For some time, Mike had also lobbied Perimeter Bicycling to allow Rotary to field a team in El Tour de Tucson as one of the ride’s “beneficiaries.” He thought that would be a great opportunity for clubs large or small. Mike could not have imagined what his pet project would become. Or, knowing Mike, maybe he could. [Continue reading](#) →



Rotary clubs of Guernsey and Guernesiais light the Government House purple for end polio.

District 6170 and member of the Rotary Club of North Garland County, Arkansas, USA

I have always had a dream of going to Africa. Soon after I joined Rotary in 1991, I noticed an article in *The Rotarian* that a Rotary club from Eugene, Oregon, was going to Kenya to work on some projects. They were inviting people to go with them, and when I contacted them they accepted my offer. We visited several Rotary projects and a Rotary Club in Nairobi. That was the beginning of a long and productive relationship between my club at the time, Arlington South, Texas, and the people of Kenya that demonstrated the impact even a small club can have through the magic that is Rotary. [Continue reading](#) →



The best way to find yourself

By Younis Sebaggala, professional leadership and development chair and president-elect of the Rotaract Club of Kampala North, Uganda

Common wisdom tells us that when you help someone else, you help yourself. But what does that mean? What does it mean to find yourself, or for that matter lose yourself? In the busy world we live in, we are becoming more and more isolated from our friends, neighbors, and family.

I believe that by using our time and talents to help people, we can reverse that trend. I believe that there is value in being connected to other people, and the volunteers I meet professionally and every day through my Rotaract club continuously strengthen this belief.

[Continue reading](#) →

Rotary Friendship Exchange

DISTRICT 5050  **DISTRICT 3110**
USA • CANADA INDIA

April 18 to May 4, 2019

A wonderful Rotary fellowship opportunity is at hand. A Rotary Friendship Exchange opportunity is now available. I have just received confirmation that District 3110 has their team and is ready to proceed with this exchange. A friendship exchange is an opportunity to meet Rotarians from other parts of the world and to share with each other what we are all doing to help this world of ours. It opens the door to possible future grant opportunities and builds wonderful friendships.

For those of you who remember the old GSE program, a team of non-Rotarians came to us from this district several years ago and we had a fantastic time with them. Now we will get to meet Rotarians from the same area. Remember the fun we had with the team from Thailand last year? Here's the opportunity to do it again! FYI, the team leader for that GSE team is now the DG in District 3110 and our own DG, Linda Murray was the team leader for our GSE team who went to District 3110. Both DG's are excited to have this Exchange.

A team of six (6) Rotarians from District 3110 in India will be coming to District 5050 from April 18 to May 4 this year.

We need 4 host clubs, two in the US and two in Canada. The team would be with each club for 3-4 nights. Your club would plan the itinerary for the group while they are with you. Your club members who host a team member would provide housing and meals while with the host. When at events, meetings, sightseeing, etc. the Indian team members pay their own way.

We try to schedule your club's hosting days to include your meeting date where the team would be your program and present a PPT about themselves, their portion of India (Agra) and what Rotary is doing there. If it does not work for your normal meeting date, we ask that you combine with another club for their meeting, or, hold an event such as a potluck for your club to allow the team to present their program.



Please contact:
Danielle Mullen
District 5050 Friendship Exchange Chair
Rotary Club of LaConner
by February 11 if your club would like to host.

THE ROTARY INTERNATIONAL

DISTRICT 5050 LEADERSHIP



Linda Murray
District Governor for 2018-19
Rotary Club of South Everett Mukilteo



Carol Tichelman
(District Governor for 2020-21)
Rotary Club of Chilliwack



Brad Whittaker
District Governor for 2019-2020
Rotary Club of Chilliwac



Beverly Harrington
District Governor 2021-22
Rotary Club of Burlington

Health Benefits of Broccoli

It's no coincidence that more than 300 research studies on broccoli have converged in one unique area of health science—the development of cancer—and its relationship to three metabolic problems in the body. Those three problems are (1) chronic inflammation (2) oxidative stress, and (3) inadequate detoxification. While these types of problems have yet to become part of the public health spotlight, they are essential to understanding broccoli's unique health benefits. Over the past 10 years, research has made it clear that our risk of cancer in several different organ systems is related to the combination of these three problems.

The Cancer/Inflammation/Oxidative Stress/Detox Connection

In health science research, there is a growing body of evidence relating cancer risk to a series of environmental, dietary, and body system factors. Understanding this set of factors can be very helpful in making sense of broccoli and its health benefits.

Anti-Inflammatory Benefits of Broccoli

When threatened with dangerous levels of potential toxins, or dangerous numbers of overly-reactive, oxygen-containing molecules, signals are sent within our body to our inflammatory system, directing it to "kick in" and help protect our body from potential damage. One key signaling device is a molecule called Nf-kappaB. When faced with the type of dangers described above, the NF-kappaB signaling system is used to "rev up" our inflammatory response and increase production of inflammatory components (for example, IL-6, IL-1beta, TNF-alpha, iNOS and COX-2). This process works beautifully in temporary, short-term circumstances when healing from injury is required. When it continues indefinitely at a constant pace, however, it can put us at risk for serious health problems, including the development of cancer.

Isothiocyanates (ITCs) in Broccoli

Research studies have made it clear that the NF-kappaB signaling system that is used to "rev up" our inflammatory response can be significantly suppressed by isothiocyanates (ITCs). ITCs—the compounds made from glucosinolates found in broccoli and other cruciferous vegetables—actually help to shut down the genetic machinery used to produce NF-kappaB and other components of the inflammatory system. These anti-inflammatory benefits of ITCs have been clearly demonstrated in lab and animal studies. However, it can sometimes be tricky to translate the results of these lab and animal studies in practical take-away recommendations for everyday eating.

The primary anti-inflammatory ITC provided by broccoli is sulforaphane. This ITC can be directly produced from broccoli's glucoraphanin content. Numerous anti-inflammatory mechanisms for sulforaphane are well known, including inactivation of the NF-kappa B pathway. In this context, it is interesting to note that the predominance of

sulforaphane in broccoli is limited to the heading version of this vegetable. Also widely enjoyed worldwide is "non-heading" broccoli, often called sprouting broccoli, broccoli raab, broccoli rabe, or rapini. In these non-heading varieties of broccoli, iberin is the most common ITC, and it is derived from glucoiberin, which is one of the more common glucosinolates in non-heading broccoli. Yet another anti-inflammatory compound present in both heading and non-heading varieties of broccoli is glucobrassicin. (And in this case the corresponding ITC derived from glucobrassicin is indole-3-carbinol.)

Omega-3s in Broccoli

Lack of omega-3 fat is dietary problem that can cause over-activation of the inflammatory system. The reason is simple: many key anti-inflammatory messaging molecules (like PGH₃, TXA₃, PGI₃, and LTE₅) are made from omega-3 fats. While we are not accustomed to thinking about non-fatty vegetables as sources of omega-3 fats, it would probably be a good idea for us to change our thinking in this area. While there are limited amounts of omega-3s in low-fat vegetables like broccoli, it is equally true that their levels of omega-3s can still play an important role in balancing our inflammatory system activity. In 100 calories' worth of broccoli (about 2 cups) there are approximately 400 milligrams of omega-3s (in the form of alpha-linolenic acid, or ALA). That amount of ALA falls into the same general ballpark as the amount provided by one soft gel capsule of flax oil. While we would not want to depend on broccoli as our sole source of dietary omega-3s, we still get important anti-inflammatory benefits from the omega-3s it provides.

Other Anti-Inflammatory Benefits of Broccoli

Broccoli is a rich source of one particular phytonutrient (a flavonol) called kaempferol. Especially inside of our digestive tract, kaempferol has the ability to lessen the impact of allergy-related substances (by lowering the immune system's production of IgE-antibodies). By lessening the impact of allergy-related substances, the kaempferol in broccoli can help lower our risk of chronic inflammation.

Broccoli's Antioxidant Benefits

Vitamins, minerals, and phytonutrients all contribute to the antioxidant benefits provided by our food. Broccoli is a premiere example of a vegetable providing all three types of antioxidants. In the vitamin category, among all 100 of our WHFoods, broccoli represents our 3rd best source of vitamin C, 10th best source of vitamin E, and 16th best source of [vitamin A](#) (in the form of carotenoids). It also serves as our top source of chromium, a very good source of manganese, and a good source of selenium and [zinc](#). But it is the phytonutrient category in which broccoli's antioxidant benefits stand out. Concentrated in broccoli are flavonoids like kaempferol and quercetin. Also concentrated are the carotenoids lutein, zeaxanthin, and beta-carotene. All three of these carotenoids function as key antioxidants. In the case of



lutein and beta-carotene, broccoli has been shown not only to provide significant amounts of these antioxidants but to significantly increase their blood levels when consumed in the amount of 2-3 cups per day.

Of special interest in this antioxidant area are broccoli sprouts. In the U.S., broccoli sprouts are not consumed nearly as often as mung bean, alfalfa, or pea sprouts. However, in other countries broccoli sprouts are more widely consumed, and they show up as concentrated sources of broccoli antioxidants. Broccoli sprouts also contain concentrated amounts of glucosinolates and have become especially interesting to researchers in this regard.

Broccoli Can Improve Detoxification

Many toxins that pose a risk to our cells must be detoxified in our body by a two-step process. The isothiocyanates (ITCs) made from the glucosinolates in broccoli have repeatedly been shown to improve our detoxification ability. The bulk of the research on broccoli intake and detoxification has focused on a component of this process called Phase 2. Phase 2 of detoxification is the component of the detox process in which activated toxic substances get hooked together with nutrients or nutrient components to allow excretion from the body. Importantly, the glucosinolates in broccoli (and their isothiocyanate derivatives) are known to activate Phase 2 detox activity in our cells. (This activation is typically mediated through a pathway called Nrf2.) Because broccoli components can activate Phase 2 detoxification, they can help us prepare potentially toxic substances for elimination from our body. This enhancement of Phase 2 detoxification appears to occur with commonly consumed amounts of broccoli falling in the 1-2 cups per day range.

Broccoli and Cancer Prevention

The unique combination of antioxidant, anti-inflammatory, and pro-detoxification components in broccoli make it a unique food in terms of cancer prevention. Connections between cancer development and oxidative stress, chronic inflammation, and inadequate detoxification are so well-documented in the research that any food improving all three of these metabolic problems would be highly likely to lower our risk of cancer. In the case of broccoli, the research is strongest in showing decreased risk of prostate cancer, colon cancer, breast cancer, bladder cancer, and ovarian cancer. We expect that risk reduction for other types will also eventually be shown to take place from regular consumption of broccoli.

Home Remedies

Jeera (Cumin)

Jeera is very popular name of Indian kitchen spice and every housewife use this natural herb in most of recipes daily. Jeera in English known as Cumin with Latin name *Cuminum Cyminum* and of *Apiaceae* family. It is of two types as of its colour: Black Cumin Seeds and White Cumin Seeds. Cumin is a small bunches plant like Coriander. It has small white flowers that turns into seeds. Cumin seeds has many medicinal properties and uses either as spice or Ayurvedic medicine both. Jeera is commonly used to treat Vomiting, Stomach ache, Diarrhea, Indigestion, fever and to promote potency.



Cumin Jeera health benefits are too many and top of them most used mentioned below:

1. For Stomach ache

In stomach ache, swallow half spoon of Jeera and get rid of stomach pain. In Intestinal worms treatment, prepare decoction of about 20 gm cumin seeds with about 500 ml of water. Use this decoction to kill stomach worms.

2. In Leucorrhoea treatment

Prepare the mixture of 5 gm of cumin seeds powder with 10 gm of sugar candy. Use this mixture twice a day in morning and evening with rice water.

3. For Diarrhea

To treat Diarrhoea, prepare some powder of roasted cumin. Now use this powder about 5-6 gram with curd. In case of Children, take a small amount about 500mg of this roasted cumin powder and add in a spoon of water. Use it twice or thrice a day to cure Diarrhoea in Children.

4. For Toothache

Prepare the decoction of cumin seeds and gargle to treat toothache. Cumin seeds also useful to treat mouth disorders. Prepare the decoction of about 5 gm cumin seeds powder and 2-3 gm powder of each sandalwood, cardamom and Fitkari (Alum). Gargle with this solution to treat mouth disorders.

5. For Fever and Malaria

Prepare the mixture of 5gm cumin seeds powder with about 20 mg juice of Bauhinia bark (Kachnar in Hindi). Use this mixture daily 2-3 time to cure fever.

6. For Chronic fever recovery

Soak about 5 gm cumin seed in milk in night and on drying prepare its powder. Finally use this powder with sugar candy twice or thrice a day to cure chronic fever. In Malaria treatment, Prepare the mixture of 1 part of cumin seeds powder with 2 part of Bitter Gourd. Drink it thrice a day to cure Malaria. You can also use cumin powder with Jaggery before one hour of meal.

7. For Hiccoughs

Take 5 gm seeds powder and soak them into ghee. Finally take the smoke of these smear seeds to treat Hiccoughs.

8. Jeera seeds for Bites

- In dog bite treatment, prepare equal amount powder of cumin and black pepper. Strain this mixture and use twice a day to cure dog bite.
- In Spider bite treatment, prepare the paste of cumin seeds with ginger and paste on bite area.
- You can also use cumin to treat Scorpion bite. In seeds powder mix some salt, natural honey and ghee (Clarified butter). Before applying on affected spot first warm this mixture.

These all remedies help you to reduce the effect of poison and to treat bite. So, for more bite remedies visit our bite section.

9. During pregnancy

To control anxiety and feeling of uneasiness Jeera water is used. In lemon juice mix, some cumin powder and salt about 3-4 gm each. Hence use Jeera water to treat Nausea.

Another to stimulate lactation in mothers, prepare a recipe of roasted cumin seeds. Prepare wheat flour Halwa in ghee and eat to increase milk production.

10. To improve digestion

Cumin is also very beneficial. In 100 ml water, mix 100 gm cumin powder and about 5 gm of Black Pepper. Boil this solution till half of solution remain vacant. When lukewarm, add some salt into this solution as per taste. Now use this solution to treat Indigestion problem and help to clean excretory system.

11. Cumin for Weight Loss:

Cumin also used for weight loss in Ayurveda. In warm water mix 1 lemon, 1 teaspoon of honey and 1 teaspoon of Cumin powder. Add a pinch of salt for taste and use daily in morning to lose weight. So use of cumin for weight loss is really very effective.

Best Home Remedies For Cold

Cold is a common disease and every year many people suffered with cold when climate change. Seasonal flu and cold are common viral diseases it spread from one person to another. Head heaviness and headache and cough in chest are the common symptoms of cold. There are some ayurvedic home remedies for cold that provides you relief from cold. Know *how to treat cold at home* using these natural herbal remedies for cold:

- In home remedies for runny nose use mustard oil. Pour 2-3 drops of mustard oil into nose when sleeping. You will get relief from cold using this home remedy.
- Pour Sesbane (*Sesbania Grandiflora*) leaves extract 2-3 drops into nostrils. beside this, you can use 10-20 gm leaves extract with honey thrice a day for oral use. This help to get fast relief from cold.
- Chew three to four leaf of betel to get relief from cold.
- Some people are gripped by cold, time after time. In that case drink little warm sweet lemon juice by mixing some black salt and black peppercorns. Drink this juice regularly to get rid from cold.

Tea for Cold

- To prepare tea for cold, you can use Banyan tree leaves. Take the fresh, soft leaves of banyan tree and dry them in shade. Crush them and boil 1-2 spoon in 1 litre of water. When 1/4th water remains then add 2-3 spoon of sugar and use it like tea. It help to get rid of cold and cough. Like tea, you can drink it twice a day, in morning and evening.
- If you have cold and fever then you can make another herbal tea for cold. Take 5-6 black peppercorns, 9-10 basil leaves, 4-5 gram ginger and 2-3 green cardamom. Now mix all these drugs in water and boil. Prepare decoction, you can also mix milk and sugar to make tea. Drink it 3-4 time to relief from cold and fever. This is more commonly used in all home remedies for cold.
- Mix some drops of *lemon* in tea and drink to get rid of cold fast. For more better results do not mix milk in the tea.
- Grind Celery or Ajowan and mix with onion juice. Massage on chest and back for cold relief. Alone heated celery powder used as a inhaler. It causes sneezing regularly and reduce the intensity of cold from head and chest.
- In cold treatment, Onion juice 10-20 ml also used with 1 spoon of honey. Use this mixture, 3-4 times a day to cure cold.
- Turmeric smoke inhalation also one good natural formula to cure common cold. Avoid drinking water for an hour after trying this remedy.
- Dried ginger** is very effective for cold relief. Mix equal amount of jaggery and dry ginger with one teaspoonful of clarified butter and prepare sauce like material if necessary then add some drops of water. Lick this mixture 2-3 times a day or in morning and evening. This natural home remedy used in chronic cold also.
- To reduce intensity of Cold, take 2 spoons of ginger juice with one spoon of honey.
- Mix **Black Peppercorns** with curd and jaggery. Eat it daily in the morning and evening to get rid from chronic cold.
- Prepare powder of **guava seeds** and take with warm water for cold relief. If you avoid seeds then try this remedy. You can directly eat guava fruit without seeds and after eating drink a glass of water. So, use this remedy for 2-3 day unless get relief from cold.
- In seasonal cold due to season change then **Yellow berried night shade** is another useful herb. Take same amount of this herb, **Indian Fumitory** (*Fumaria parviflora*) and *Tinospora*. Prepare the decoction of this mixture about 20 gm with half litre of water. Boil it till reduces to 1/4th and use this decoction to cure cold, cough and fever due to season change.
- Mix **Sugar-candy and Henna leaves** in natural honey. Make a paste and use in morning and evening to get rid from cold fast and completely.

Hence, use these herbal remedies to get relief from common cold or seasonal cold at home. Another remedy to **relieve cold symptoms**, daily eat 4-5 basil leaves or use these leaves in tea.

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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,
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.**

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



Canadian Eyesight Global

Please add this information to your address book.

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Project Eyesight

