



Giving Light to the World

CANADIAN EYESIGHT GLOBAL



www.CanadianEyesight.org

Canada Ph: 604-582-0579

Email: info@CanadianEyesight.org

*The President and Board of Directors of
Canadian Eyesight Global*

would like to wish

Happy Holidays and all the best for the New Year.

*Special thanks to our Rotary Partners in Canada and India
for joining hands with us and Giving Light to the World.*



Your Support = Our Success

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.



Supported by
Rotary

Clubs of
SURREY

BURNABY

NEW WESTMINSTER

NEWSLETTER DECEMBER 2019

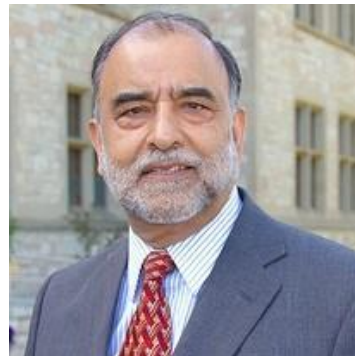
[READ PREVIOUS NEWSLETTERS](#)



Anup Jubbal, MSM
CEO AND FOUNDER



Rajendra (Raja) Saboo
PAST PRESIDENT
1991-92
ROTARY
INTERNATIONAL
HONORARY DIRECTOR



**Dr. Jay Kalra, MD,
PhD, FRCPC, FCAHS, PHF**
DIRECTOR,
FOUNDING MEMBER



Derek Corrigan
Former Mayor Burnaby
HONORARY DIRECTOR



Saroop Kaur Jubbal
DIRECTOR,
FOUNDING MEMBER
PHF

*The President and Board of Directors of
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would like to wish you all
Happy Holidays
and **Happy New Year.***

*Special thanks to our Rotary Partners in
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us and*

Giving Light to the World.

*At this joyous moment let us all renew our
commitment to continue our service to the
needy in every part of this world.*

**OUR VISION IS TO ELIMINATE
PREVENTABLE BLINDNESS**



**Dr. David R.S.
Neima, MD,
FRCSC(C) (OPHTHL)**
DIRECTOR,
FOUNDING MEMBER
PHF⁺⁸



Vicki Singh, BSc
EXECUTIVE DIRECTOR
AND SECRETARY,
FOUNDING MEMBER
PHF



Dr. Parmjit Sohal,
MD
BSc, MSc, PhD, CCFP,
FACP
DIRECTOR,
FOUNDING MEMBER
PHF



Tanveer Kaur Sohal,
BA, MPH
DIRECTOR
JOINT SECRETARY
PHF



Nelson A. Riis, MA
FORMER M.P.
(20 years)
DIRECTOR,
FOUNDING MEMBER

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**Satwant Ginder
Sangha**
DIRECTOR
FOUNDING MEMBER
PHF⁺⁸



Tony da Rosa
DIRECTOR, TREASURER
FOUNDING MEMBER
PHF



**Mohinderpal
(Sahib) S. Rana**
DIRECTOR,
FOUNDING MEMBER



Dr. Truman Spring,
BA, FDP, MA Coun.,
MA Psc., PhD Ed. Psych.
DIRECTOR,
CO-TREASURER



Raj Joshi
DIRECTOR



Anup Singh Jubbal, President, Canadian Eyesight Global with President Dave Hayer, and members of Rotary Club of Surrey, BC. proudly showing the cheque received from Cenovus Energy Employee Foundation.

Annual Gift on Thanksgiving

Canadian Eyesight Global received a Annual Thanks Giving Gift of \$15,000.00 from CENOVUS ENERGY. CENOVUS Employee Foundation. Calgary, Alberta, is a great supporter of Canadian Eyesight Global for more than a decade.

Canadian Eyesight Global, formerly Project Eyesight India is organizing free Eye Camps and (IOL) surgeries since 1989, over 30 years, and also organizing Free Eye Health Clinics in Canada since 2004.

Any one interested sponsoring an Eye Camp in their village in Punjab, or any part of India,

please contact:

Anup Singh Jubbal

Ph,(604)582-0579,

email: info@CanadianEyesight.org

Rajendra K. Saboo

Past President (1991-92)
Rotary International



“Look Beyond Yourself”

Residence: House No.1, Sector 5
Chandigarh 160009
India

Office : KAMLA CENTER
SCO 88-89, Sector 8-C
Chandigarh 160009, India

26 December, 2019

Dear Saroop Kaur and Jubbal,

We send our warm greetings to you. 2019 has been a fulfilling year for us as we received the inspiration to connect the world. Our life journey has been dotted with friends who have become our co-travellers. You have been a valued friend helping us in our Rotary journey.

There is an African proverb which says, “If you want to go fast, go alone; if you want to go far, go together”. There is so much truth in this. We could not have done what we have in our lives, be it in Rotary or otherwise. Undoubtedly it was our collective endeavour with you that we have come that far.

We wish you, your family and your loved ones very Happy New Year 2020.



Usha Raja

Usha & Raja



Season's Greetings, Best Wishes and Prosperous Happy New Year.

We pray almighty lord to shower his blessings, happiness and peace on earth.

We are proud of your dedication and a dynamic leadership as Rotary Connects the world.

With love.



CANADIAN EYESIGHT GLOBAL

Anup and Saroop

Anup S. Jubbal, MSM
President (Founder)

<http://www.canadianeyesight.org>

" Anup Singh Jubbal, MSM, and MPH + CEG Service Award", was awarded PHF by the Rotary International President Mark Maloney on August 18, 2019





THANK YOU FOR YOUR GENEROUS SUPPORT

The President/CEO and the Board of Directors would like to express our thanks to:

- All donors who have come forward with open hands and open hearts to support our Eye Camps in India and Eye Health Clinics in BC.

While our services are provided free of charge to the beneficiaries, there is always minimal costs relating to organizing such clinics.

Your donations are very much appreciated.

- All advertisers for their generous support for the publication of the 30 Anniversary Souvenir.
- Special thanks to Mr. C. V. Mohanan, for compiling the Anniversary Souvenir Programme.
- Our special thanks also go to the members of Rotary club of Surrey and dedicated volunteers for their generous support for helping organize the 30th. Anniversary Gala Dinner.
 - We are also indebted to a number of Rotary Clubs in India who have partnered with us in carrying out our projects in India since 1989.
 - Our special thanks to hundreds of volunteers in India and BC for their support in organizing eye camps and eye health clinics.



List of Donors to Canadian Eyesight Global.

1	CENOVUS Employee Foundation (Benevity)	\$	15,000
2	Best Lumber Supplies Ltd.	\$	2,500
3	Dr. Gurchanjit & Dr. Rajpal Attariwala	\$	2,000
4	Narendra S. Jubbal	\$	1,000
5	9465693 Cana1da Inc.	\$	1,000
6	Dilbag and Jagdish Gujaral	\$	1,000
7	Canadian Ramgarhia Society DRA	\$	1,000
8	Jewish Christian Foundation	\$	1,000
9	1190210 BC. Ltd.	\$	557
10	Dr. Parminder S. Bakra	\$	501
11	Khalsa Credit Union	\$	500
12	Raminder & Ripudam S.Malik	\$	500
13	Amritpal and Karamjit Pandher	\$	500
14	Jatinder K. Hanspal	\$	500
15	Our Global Village	\$	500
16	Upkar S.Basra	\$	500
17	Vir S.Jubbal & Talwinder K. Jubbal	\$	500
18	Dalbir Rai	\$	300
19	Gurdwara Sahib Dashmesh Darbar and Kalgidhar	\$	250
20	Amarjit and Karam Pandher	\$	200
21	Anthonio & Natalia da Rosa	\$	200
22	Sav Media	\$	150
23	Paypal Giving	\$	146
24	Bhupinder Kumar Mistry	\$	101
25	Newton Homeopathic	\$	100
26	Tom Baruett	\$	100
27	Davinder S.Baggan	\$	100
28	Dave & Issabelle Hayer	\$	100
29	Michelle Pain	\$	100
30	Katherine Joanne	\$	100
31	Dwyane & Stacy McDonald	\$	100
32	Truman Spring	\$	100
33	119210 BC. LTD.	\$	100
34	Rtn. Sunil Kapur	\$	100
35	Jaspal Nijjar	\$	100
36	Rajindra Gupta	\$	51
37	Anonymous	\$	50
38	Haleen Kaur	\$	50
39	Catriona Bandrie	\$	50
TOTAL DONATIONS			\$ 31,706

WE LOOK FORWARD TO YOUR CONTINUED SUPPORT IN 2020 AND BEYOND

**Message from
Rotary International
President 2019-20
Mark Daniel Maloney**



January 2020
People from all over the world have multiple reasons for joining Rotary. Many new Rotarians each year join for the same

reason I did — because Rotary is a great way to benefit your career. When I was a new attorney starting out in Alabama, Gay and I became partners in her father's firm. He instilled in us the value of joining Rotary as a way to build relationships and demonstrate to potential clients that we were serious professionals who held firm to values even more robust than what our profession required.

Rotary's commitment to vocational service is built on the highest ethical standards in business and professions, the recognition of the worthiness of all useful work, and the dignifying of each Rotarian's occupation as an opportunity to serve society. That last point is so important. No matter our profession, we all contribute mightily to the world when we conduct our work with integrity and always adhere to The Four-Way Test.

I have made balancing the demands of Rotary with

professional and family commitments one of my priorities as president. No Rotarian should feel pressured to put in more time than a volunteer position should ever demand. This is true for several reasons, one of them being that the work we do in our day jobs is just as important to Rotary as the work we do in the organization. We carry our Rotary values everywhere, and our professional success helps build a case for Rotary every day we go into the office.

This is particularly important in our efforts to reach younger new members. We want to see a Rotary where no one is ever asked to choose between being a good Rotarian and being a good parent, business owner, manager, or employee. When we ask busy young people to join us, we should not be asking them to give up their time and freedom. We should be rewarding them with an experience that makes everything they already do even

more inspiring. Providing greater balance within Rotary will have another benefit as well: It will create opportunities for other Rotarians, including Rotaractors, to step up and take a leadership role on projects and committees. This will ensure that they remain engaged in our clubs and inspired to be Rotarians for life.

Throughout the world, Rotary is admired for its vocational service and for the time-honored values we instill in all business relationships. As we continue our work to grow Rotary, let us remember that vocational service remains a crucial selling point to potential members.

Rotary Connects the World, and by making Rotary's vocational service work known to people in more professions and at different stages of their careers, we will help grow our organization and make it stronger and more diverse.

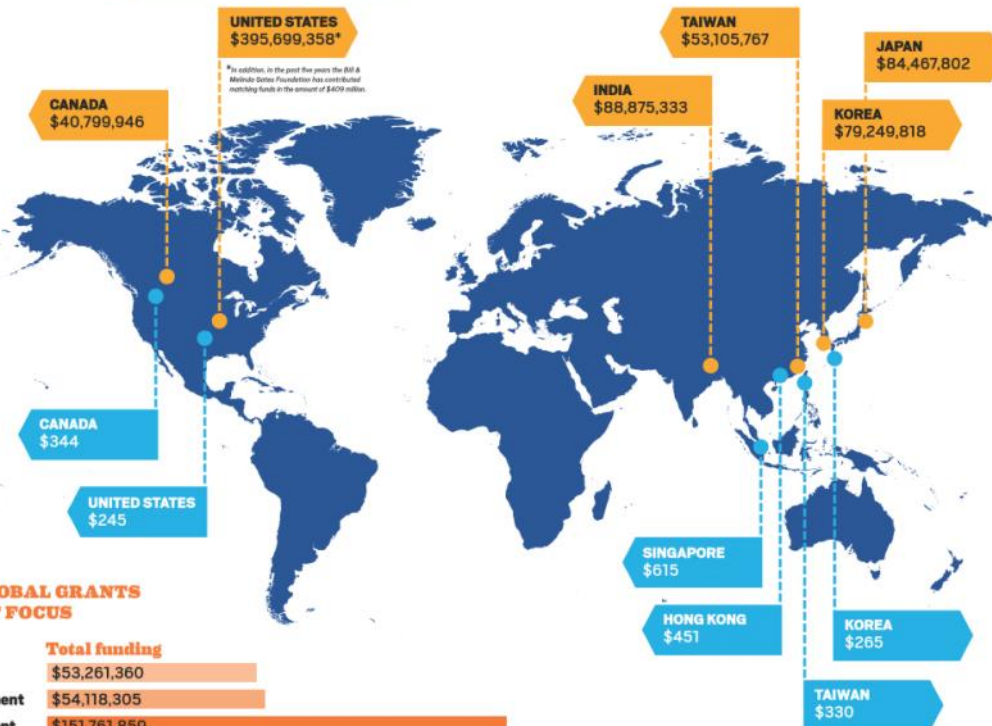
A Foundation to build on



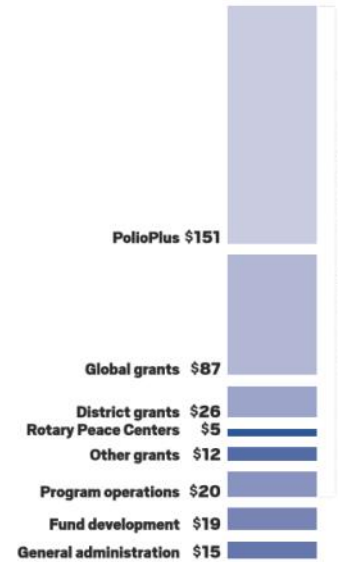
The Rotary Foundation is recognized as one of the most effective and well-managed charitable organizations in the world, with 12 consecutive four-star ratings from Charity Navigator and an A-plus rating from CharityWatch. We know that the Foundation is helping Rotarians do good in the world, but it can be difficult to convey the full scope of its work. So we've put together some figures from the past five years — 2014-15 through 2018-19 — to tell the story of the generosity of Rotarians and the good work that the Foundation supports. November is Rotary Foundation Month; to make a contribution, go to rotary.org/donate.

TOTAL GIVING OVER FIVE YEARS BY DOLLAR AMOUNT

Top countries and geographical areas



2018-19 TOTAL EXPENDITURES \$335 (in millions)



FIVE YEARS OF GLOBAL GRANTS BY AREA OF FOCUS



AVERAGE YEARLY GIVING OVER FIVE YEARS PER ROTARIAN

Top countries and geographical areas



*In addition, in the past five years the Bill & Melinda Gates Foundation has contributed matching funds in the amount of \$409 million.

Giving Light to the World
CANADIAN EYESIGHT GLOBAL
30TH ANNIVERSARY CELEBRATION
 AUGUST 18, 2019



Honorable Minister of National Defence Harjit Sajjan conveying the greetings from Prime Minister Justin Trudeau.

“Canadian Eyesight Global is committed to helping those affected by eye disease lead healthy and normal lives. This milestone offers a wonderful opportunity to reflect upon the history of your association, to celebrate its many achievements and to set goals for the future.”



District 5050 Past Governor Sean Hogan introducing RI President Mark Maloney before his keynote address.



RI President Mark Maloney delivering his keynote address.

“Canadian Eyesight Global has been an ideal partner in service through the years”



RI President Mark Maloney presented Saroop Jubbal with Paul Harris Fellow award for 30 years of service to Canadian Eyesight Global.



Anup Jubbal and Saroop Jubbal, renewed commitment to serve together.



PHF Award

Dr. ALICIA RAMIREZ, OD



PHF Award

AMARJIT SIDHU



PHF Award

GARRY THIND



PHF Award

GURMEL DHALIWAL



PHF Award

Dr. PARMJIT SOHAL



PHF Award

TANVEER KAUR SOHAL



PHF Award

VICKY S. THIND



PHF Award

HARKIRAT BAINS



PHF Award

Dr. WARREN WHITFORD



PHF 8th Award

SATWANT GINDER (SANGHA)



PHF Award

VICKI SINGH



PHF Award

NINA SOHAL



PHF Award

C. V. MOHANAN



PHF Award

MUNSA RANA



PHF Award

TANRAJ SOHAL



PHF Award

DARSHAN MANN

30th Anniversary Service Awards

Presented by Rotary International President Mark Daniel Maloney



DR. DAVID NEIMA, MD, FRCS(C) PHF8⁺1 & Services Award



SATWANT GINDER (SANGHA) PHF8⁺1 & Services Award



SAM SANGHERA PHF & Services Award



GARRY THIND PHF & Services Award



SUKHJINDERJIT SING BATH PHF & Services Award



GARRY SASS PHF and Services Award

CANADIAN EYESIGHT GLOBAL SUCCESSFUL EYE CAMP

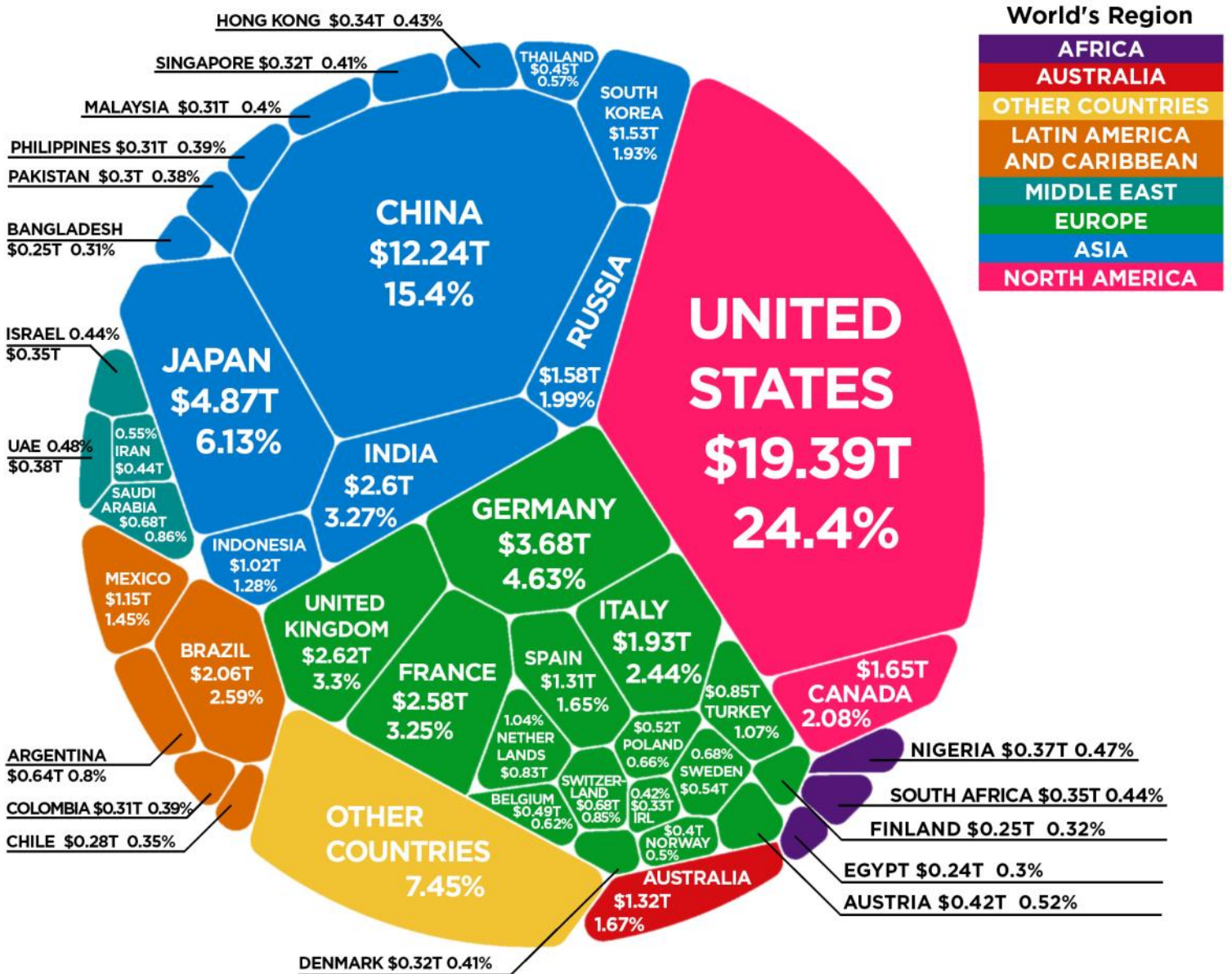
held on Dec. 1, 2019, at Ajay Nagar, Ram Tirath Road, near Amritsar, India.

Surgeries performed at NirmalJot Eye Hospital, Amritsar.



Supported by Rotary Club of Amritsar South East (India) & Rotary Club of Surrey (Canada)

The \$80 Trillion World Economy



Article and Sources:

<https://howmuch.net/articles/the-world-economy-2017>
<http://databank.worldbank.org/data/download/GDP.pdf>

howmuch.net

The World's Top 10 Economies

Here are the world's top 10 economies, which together combine for a whopping two-thirds of global GDP.

In nominal terms, the U.S. still has the largest GDP at \$19.4 trillion, making up 24.4% of the world economy.

While China's economy is far behind in nominal terms at \$12.2 trillion, you may recall that the Chinese economy has been the world's largest when adjusted for purchasing power parity (PPP) since 2016.

Rank	Country	GDP	% of Global GDP
#1	United States	\$19.4 trillion	24.4%
#2	China	\$12.2 trillion	15.4%
#3	Japan	\$4.87 trillion	6.1%
#4	Germany	\$3.68 trillion	4.6%
#5	United Kingdom	\$2.62 trillion	3.3%
#6	India	\$2.60 trillion	3.3%
#7	France	\$2.58 trillion	3.3%
#8	Brazil	\$2.06 trillion	2.6%
#9	Italy	\$1.93 trillion	2.4%
#10	Canada	\$1.65 trillion	2.1%

**ALOHA
ROTARY**



**HONOLULU
HAWAII 2020**

Events

Share aloha with new and old friends in Honolulu with the many events and activities planned by Rotary, your Host Organization Committee, and Rotary members.

[Learn more](#)

Breakout sessions

Breakout sessions are your opportunity to dig deeper into the topics that interest you.

[Learn more](#)

House of Friendship

This is where the Rotary world comes together to exchange ideas and project successes.

[Learn more](#)

Preconvention events

Our preconvention events will energize and inspire you, and prepare you for a memorable convention experience. [Learn more](#)

Convention program

View highlights of the convention program.

[Learn more](#)

Rotarians and partners joins hands to renew their commitment beyond 2020

“PAUL HARRIS FELLOWSHIP AWARD”



Dave Sidhu, Gen. Manager of The Punjabi Patrika received The Rotary International “Paul Harris Fellowship Award” from their Past Asst. Governor Michael Adkins, who went on to say, “The Paul Harris Fellowship Award” is the highest honour Rotary can bestow upon a Community leader. Recipients are Rotarians and community professionals, in recognition of their outstanding contributions, exemplifying the highest ideal in Rotary in placing” “SERVICE ABOVE SELF.”

Dave joins some of the world’s most renowned people like Nelson Mandela, Mother Theresa, President Kennedy, Prime Minister Winston Churchill and others who have received this prestigious award.

Rotary World Help helps again... again... and again...



Another container of medical equipment and books for Philippines being loaded on November 23, 2019



Your Healthy Eyes Checklist

Vision health can be difficult to monitor. When it comes to our overall health, our bodies often let us know when there's a problem. Unfortunately, our eyes aren't quite the same as other parts of our body. In fact, many eye diseases and conditions often have no symptoms until they become serious—which is part of why getting regular eye exams is so important.

So how can you measure your ocular health? There are certain habits you can incorporate into your daily life that can promote healthy vision; check them out below and see how many you're already doing.

I've recently had an eye exam

The [Canadian Association of Optometrists](#) recommends that adults get a comprehensive eye exam every two years from a qualified optometrist. Children, seniors, and anyone with a medical condition or family history of eye disease should get an exam at least once a year to ensure there are no developmental issues and that their vision hasn't deteriorated.

I don't smoke

According to the [Canadian National Institute for the Blind](#), people who smoke are up to 4 times more likely to develop age-related macular degeneration (AMD), a severe medical condition that is currently one of the leading causes of vision loss among Canadians. If you're a non-smoker, you're already taking one step closer to maintaining your vision health.

I exercise and eat well

High blood pressure and obesity are both risk factors for a variety of eye diseases, so diet and exercise are important to your ocular health. In fact, recent studies have found that foods such as leafy greens, nuts and whole grains contain antioxidants that can promote your eye health and reduce the risk of developing certain conditions.

I wear sunglasses year-round

Many people only think about wearing sunglasses in the spring or summer. UV rays, however, are active all year. Exposure could result in cataracts, cancer, or other serious eye conditions. Wearing sunglasses with both UVA and UVB protection year -round is the best way to maintain your healthy vision.

I protect my eyes while working

According to Health Canada, every day over 700 Canadians sustain eye injuries on the job, many of which result in serious vision loss and even blindness. In the majority of these cases, however, injuries could have been easily prevented with the use of protective eyewear. To support your eye health and safety, visit [this resource](#) from the Government of Canada to help you select a pair of safety glasses that will best suit your profession.

I wear my contact lenses correctly

According to the [Center for Disease Control](#), 40 – 90% of people do not properly follow their optometrist's contact lens instructions, which can result in serious infections or other complications. A simple way to make sure you have healthy eyes is to follow the directions that your optometrist provides.

I remove my makeup before bed

Sleeping with your eye makeup on can cause [irritation or styes](#) that may require treatment. To ensure your eye health, use wipes or cotton swabs to remove any remaining traces of your cosmetics.

5 Signs

Your Child May Need an Eye Exam

According to the Canadian Association of Optometrists, over **25% of school age children have vision problems** with studies showing a direct correlation between poor eye health and poor performance in class and in other areas of a child's life. That's why it's important to take your child in for regularly scheduled eye exams and to always book an appointment if you think there may be an issue. With that in mind, here are five potential warning signs your child may have a vision problem.

1. Squinting

For many children, squinting is a common sign of a potential vision problem. That's because when you squint it reduces the size of a blurry image on the back of your retina, making it temporarily easier to see. Squinting not only means that your child may require vision correction, but could also be the symptom of a more serious condition.

2. Tilting the head

If you see your child tilting their head to one side, it may be the sign of an eye muscle imbalance known as strabismus. This imbalance causes double vision when your child looks in a certain direction. Tilting the head to one side can minimize this double vision and may be a sign your child requires vision correction.

3. Covering one eye to read or watch TV

If you see your child covering one eye, it could be the sign of an uncorrected vision issue. That's because covering an eye is simply an easy way for a child to "turn off" the eye that's giving them problems. Covering one eye can also be a sign of double vision or even a more serious medical condition such as cataracts.



4. Light sensitivity

If your child tends to squint or feel uncomfortable when exposed to bright light, it could be the sign of exotropia, a type of eye muscle imbalance that results in squinting and light sensitivity. Be sure to speak to your optometrist immediately if you think your child might be overly sensitive to light.

5. Frequent headaches

Children with undiagnosed farsightedness often experience painful headaches from the strain of trying to compensate for their blurry vision. Headaches can also be related to other potentially serious eye issues and your child should be examined right away by your vision care professional.