



Giving Light to the World

CANADIAN EYESIGHT GLOBAL



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(regardless of origins) with the principles of Rotary as a foundation. We all share this Earth together and strive for improvement.... I am sure your good work shall continue with great success."

On November 15, 2022, we received a resignation from Mr. Tony DeRosa due to his age (Mr. DeRosa is 90 years young). Mr. DeRosa is a founding member of Canadian Eyesight Global and has wholeheartedly supported the charity for more than 30 years. We thank Mr. DeRosa and his family for being such an integral part of Canadian Eyesight Global and for your tremendous support over three decades. We will truly miss you Mr. DeRosa. We hold you with high regards.

"Canadian Eyesight Global is one big happy family and I would like to leave this way."

LATE MR. ANUP SINGH JUBBAL Founder CEO / President

"Sometimes miracles are people with good hearts"

As 2022 draws to a close, our members and supporters have a lot to be proud of. Over the past 33 years Canadian Eyesight Global has assisted thousands of people in helping to restore the gift of eyesight free of cost. Now working actively behind the scenes, and navigating through the loss of our beloved president Mr. Anup Singh Jubbal, it has made us truly appreciate how much love, time and devotion went into making Canadian Eyesight Global what it is today.

It also has provided clarity into the many challenges and adversity that had to be overcome. What Mr. Anup Singh Jubbal did; was not easy, and definitely not for the faint of heart. We have 'big shoes' to fill.

The annual AGM for Canadian Eyesight Global was hosted on October 23, 2022 in person in Surrey BC and by zoom. We are so thankful to Dr. Jay Kalra for generously taking time out of his busy schedule to plan for the 2022 AGM and act as the Chairperson. It was a jam packed meeting and we all appreciate his professionalism in conducting it. Also special thank you to Board Member Rosey (Raj) Bahra for acting as the recording secretary. Also I would like to thank Mr. CV Mohanan for his continued support in putting our newsletter together for us. We appreciate it very much.

A few updates from the meeting:

The co-presidents Mrs. Saroop K. Jubbal and Mrs. Neena Sohal's term (2021-2022) ended at the AGM. On behalf of the Board of Directors we would like to thank the co-presidents for their contributions throughout the year.

New Positions:

- Co-Presidents for 2022-2023 elected Mrs. Saroop K. Jubbal and Mrs. Vicki Singh.
- Executive Director elected Mr. Navneet Singh.
- New Board Member elected Mr. Kuljinder Bal

Resignations:

We'd like to sincerely thank Mr. Raj Joshi for his many years of dedicated service to Canadian Eyesight Global. The board regretfully accepted his resignation due to personal reasons. We wish him continued success. Prior to Mr. Raj Joshi joining the Board, Mr. Dinker Joshi (Raj's Father) was an important part of Canadian Eyesight Global). We are thankful to the Joshi Family for your timely responses and support of the charity over the past years.

A message from Mr. Raj Joshi read " ...**Mr. Jubbal has set a great example for all to follow in terms of serving all of humanity**

Speedy Recovery.

Dr. David Neima has been a guiding light for Canadian Eyesight Global's local and international efforts. In 2022 Dr. Neima underwent knee surgery. On behalf of our board of directors we wish him Godspeed for a full and easy recovery. We look forward to Dr. Neima participating in the next local eye camps in the Greater Vancouver area in 2023.

East Coast Eye Screening Camps:

Eye screening camps are being planned for the first quarter of 2023 in collaboration with our east coast team Dr. Munsa Rana and Mrs. Raj (Rosey) Bahra in the Greater Toronto area. The exact dates will be shared once our dates are confirmed.

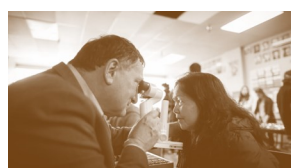
Our Goal Moving Forward

Our goal this term is to continue to foster the message last left by the president Anup Singh Jubbal days before his passing.

Each and every single member of our board brings their unique talents and experience. We appreciate all the support from our board members.

On behalf of Canadian Eyesight Global, we hope that your New Year is filled with growth, blessings, new opportunities, healing and love!

Saroop K. Jubbal Co-President & Vicki Singh Co-President / CEO



Volunteer

If you are interested in getting involved or volunteering; we would love to hear from you. Please email us at info@canadianeyesight.org

Donate
Your donation goes to the give the gift of eyesight. Please follow the link to the secure server <https://canadianeyesight.org/donate/> TAX DEDUCTIBLE RECEIPT AVAILABLE





Sugar isn't always Sweet

With November being Diabetic Awareness Month, and the South Asian community having an increase of diabetic patients, I felt

it was very fitting to discuss Diabetic Retinopathy in this newsletter.

The increase of blood sugar can highly impact the blood vessels and capillaries within the retina - the wallpaper of the eye. These blood vessels give blood flow to the eye and keep it healthy and going. However, a spike in blood sugar can lead to swelling or leakage of blood vessels, abnormal new growth of blood vessels or blockages of blood flow, all things which can permanently affect your vision.

There are a couple of things diabetic patients can do to monitor this. It's important to know that as a diabetic patient, your provincial government covers you for an eye exam every 1-2 years. Make sure you take advantage of this. Early detection of signs of diabetic retinopathy can help decrease the worsening of it. It's also best to get glasses for your visual correction when your blood

sugar is under control. Fluctuation of blood sugar can make your glasses prescription unstable. Another important factor to consider when ensuring you decrease the risk of diabetic retinopathy are lifestyle changes, healthy eating, taking your medications in a timely manner and monitoring your blood sugar regularly.

It's important to understand what role diabetes plays in the eyes. Once this is understood, the control of diabetes becomes doable. Initiatives like Canadian Eyesight Global which offer free vision screening programs at community centres do a great job at early diagnosis and intervention and also preventative measures within the community. Ensure you are visiting your eyecare professional yearly - we are all here to help you.

- Dr. Munsa Rana



We are incredibly grateful to our Board Members who go above and beyond to support the initiatives and day to day activities.

Board of Directors (alphabetically)

Mrs. Raj (Rosey) Bahra
Mr. Kuljinder Bal
Ms. Satwant Ginder -Sangha
Dr. Jay Kalra
Dr. Munsa Rana
Mr. Nelson Riis
Dr. David Neima
Mr. Amarjit Sidhu
Mrs. Neena Sohal
Dr. Parmjit Sohal
Ms. Tanveer Sohal
Dr. Truman Spring
Mr. Vicky (Harpeet) Thind

Support:

Newsletter: Mr. CV Mohanan
Web: Ms. Ruby Bhardwaj

Mrs. Saroop Kaur Jubbal
Co-President

Mrs. Vicki Singh
Co-President | CEO

Mr. Navneet Singh
Executive Director

