



TORONTO NETRALYA  
LIONS CLUB



*We Serve*



ANISHNAWBE  
HEALTH TORONTO

TORONTO NETRALYA LIONS CLUB

*presents*

LIONS *Gala* FOR SIGHT  
2018

*for*

INDIGENOUS EYE HEALTH



BENEFICIARY ORGANIZATION



ANISHNAWBE HEALTH FOUNDATION

**“With the support of the committed Companies listed below, I am delighted and honoured to be a part of the planning team for this marvellous Event, Lions Gala for Sight 2018, to help raise money for such a worthy cause.”**

-Kenneth Drabble, Assante Capital Management Ltd. **Emerald Sponsor**

**Kenneth Drabble**, Vice President, Senior Financial Advisor, Assante Capital Management Ltd., is a highly respected Advisor who works with his clients to establish and execute strategies to ensure they achieve their financial objectives in a tax-efficient manner.

Kenneth has provided leadership to The Drabble Private Client Group since 1994. The Practice uses a structured approach when advising clients on short-term and long-term planning. An initial meeting with the client determines needs and financial goals. This results in a customized Client Wealth Management Plan. This Financial Plan is the foundation of the Drabble Private Client Group's 'Trusted Advisor' role.

Kenneth is also committed to serving the community, and, is an active and long time Member of the Toronto Netralya Lions Club.

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**Kenneth Drabble**

ACIB, MTCI, CIM, FCSI, RFP  
Vice President,  
Senior Financial Advisor

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*Be well-advised.*



Toronto Netralya  
Lions Club



Anishnawbe Health  
Foundation

## **LIONS GALA FOR SIGHT™ 2018 FOR INDIGENOUS EYE HEALTH**

**Living with vision loss affects virtually everything you do and how you do it each and every day**

### **Eye Health and Preventable Eye Diseases in Indigenous Community**

Nine out of every 100 Canadians has diabetes. One out of three will develop eye disease, with the potential for blinding eye disease such as cataract, glaucoma and diabetic retinopathy. Blindness from diabetic eye disease is **preventable with the right care in place**. If the eyes are not examined, and diabetes is not managed adequately, irreversible blindness is inevitable. The prevalence of Diabetes in Indigenous communities is three to five times higher than their non-Indigenous counterparts and onset of the disease occurring at a much younger age and complications, such as Diabetic Retinopathy, are becoming more common and severe. Without comprehensive eye prevention program in place, tragic blindness is inevitable

### **Envisioning a better future - Anishnawbe Health Toronto (AHT)**

**Anishnawbe Health Toronto (AHT)** is an accredited Community Health Centre at the forefront of providing culturally safe Diabetes management and prevention programs for this community where 90% of its population lives at or below Canada's low income line.

At present due to lack of space AHT services are provided in three different locations. A new vision is taking hold for AHT - the consolidation of all of Anishnawbe Health Toronto's vital services, including eye health, Preventable Blindness, Various Eye Diseases and diabetes prevention/management under one roof.

Funds raised by the Anishnawbe Health Foundation are earmarked to support this new purpose-built and larger Centre in downtown Toronto, occupying land received as a **legacy project from the 2015 PanAm Games, Government of Ontario**.

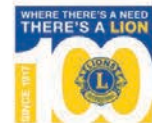
### **Toronto Netralya Lions Club (TNLC)**

**Toronto Netralya Lions Club** is dedicated to help preventable blindness through program of Vision Research and services that appropriately manage diseases such as diabetes, which causes blindness.

**Toronto Netralya Lions Club** is committed to raise funds and provide monetary help for these programs and services in underprivileged and Indigenous community.

Funds raised at the Gala event will be used for the **"Indigenous Eye Health Program"** in the new Anishnawbe Health Centre. Through your sponsorship, **"LIONS GALA FOR SIGHT™"** aims to provide financial support and "Enhance Community Participation" through Public - Private Partnership in the **Toronto's Indigenous community**.

***"Excellence in Preventable Blindness, Vision and Diabetes"***



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LIONS GALA FOR SIGHT 2018

## *Message from President and Gala Chair* **LION KANTA ARORA**



Distinguished Guests, Our Valued Sponsors, Fellow Lions and friends:

It is with great pleasure that I welcome you all to **Toronto Netralya Lions Club (TNLC)** fundraising gala for **“Indigenous Eye Health Centre”**. As you are aware, **TNLC Lions club** has in the past raised and donated over half a million dollars for research in preventable blindness locally and globally to Support **“Excellence in Preventable Blindness, Vision and Diabetes**

Tonight, we are here to support Lions Legacy project “Anishnawbe: Vision and Diabetes”. The proceeds of the gala will support an “Eye Exam Room” and facilities to manage diabetes in the new Anishnawbe Health Centre for Toronto’s Aboriginal community – a community where 90% of the people live at or below Canada’s low income line, and a group which is highly vulnerable to diabetes-related eye diseases.

The Health Centre works to improve the health and well-being the community in spirit, mind, emotion and body by providing traditional healing within a multi-disciplinary health care model.

TNLC members became interested in this cause through the recent “Truth and Reconciliation “report by former Justice, now Senator Murray Sinclair.

We gratefully acknowledge the inspiration, and guidance of our club member, Lion Dr. Chandrakant Shah, who has dedicated his life work to health for the Indigenous Community and his family have personally donated \$100,000 towards the new building campaign. We also acknowledge the Valuable support of Executive Director, Anishnawbe Health Foundation Ms. Julie Cookson, who extended her full corporation and guidance.

Many of us here this evening are immigrants or children of immigrants. To us, Canada was a beacon of hope and opportunity for our families. As Canadians, if we are to move forward as a proud, compassionate and fair society, we must work with our First Nations community to overcome the severe impacts of a history of trauma including loss of land, culture, and family life through broken treaties, the residential school system and the ‘60s Scoop’.

We are indebted to our Patrons, Supporters, community leaders, Politicians and individuals for their over whelming support and enormous contributions. Our heartfelt thanks to our Platinum Sponsor - **“SUNRAY GROUP”** Mr. Ray Gupta and Mr. Wally Gupta, Emerald Sponsors – Mr. & Mrs. Inder and & Rupī Sharma, Lion Kenneth Drabble, Mr. Shiv Bansal , Om Arora family, numerous Silver, Bronze and Corporate Sponsors.

The Continuous support and encouragement from Mr. Rob Oliphant MP, Don Valley West and Consul General of India, Mr. Dinesh Bhatia are very much appreciated by our club members.

I’m so proud of what our Lions Club and our community have achieved tonight as one of the first organizations to support Anishnawbe Health Foundation

Last but not least, I wish to recognize our team of very dedicated Board members, Leos and very passionate organizing committee members who contributed countless hours to the success of tonight’s Gala. It is a true testament to the Spirit of Service of Volunteerism, Lionism and Lions’ motto **“WE SERVE”**.

I hope this evening will inspire you to learn more about Canada’s First People and get further involved to help support a new vision for Indigenous health care in the Greater Toronto Area.

Once again I thank you and enjoy the evening - Chi Miigwetch (‘big thank you’).

Yours’ in Lionism,

Lion Kanta Arora, President and Lion Gala Chair

“Do Not go where the path may lead, go instead Where there is no path and leave a trail”

– Ralph Waldo Emerson





PRIME MINISTER • PREMIER MINISTRE

May 5, 2018

Dear Friends:

I am pleased to extend my warmest greetings to everyone attending the “Indigenous Eye Health” Gala, hosted by the Toronto Netralya Lions Club.



You have gathered this evening to raise funds for the Anishnawbe Health Foundation. You can take pride in knowing that your generous contributions will support excellence in vision care at the Anishnawbe Toronto Health Centre.

I would like to commend the members of the Toronto Netralya Lions Club for planning and participating in projects that improve the health and well-being of your fellow citizens. Your devotion to humanitarian and community service merits the gratitude of all Canadians.

Please accept my best wishes for an enjoyable evening, as well as every success in meeting your fundraising goal.

Sincerely,

The Rt. Hon. Justin P.J. Trudeau, P.C., M.P.  
Prime Minister of Canada



April 5, 2018

### Message

On the occasion of the Fundraising Gala by the Toronto Netralya Lions Club (TNLC) for "Indigenous Eye Health" for Anishnawbe Health Foundation (AHF), I offer my greetings and good wishes.

There can be no greater gift than the gift of sight and the TNLC with the mandate of "Excellence in Vision Research & Preventable Blindness" has rendered yeoman service to society, particularly for underprivileged and indigenous communities. In this process, they have also raised the profile of the Indo-Canadian community which has excelled in all walks of life in Canada.

The entire Indian diplomatic team in Canada has always supported the endeavours of the TNLC and I am confident that this year's Gala will also prove to be a milestone in the charitable endeavours of this great organization.

I wish it many more years of dedicated service.

(Vikas Swarup)





**Robert Oliphant**

M.P. for Don Valley West  
Député de Don Valley-Ouest



## Toronto Netralya Lions Club – Lions Gala for Sight 2018

May 5, 2018

I am delighted to extend my sincerest congratulations on the occasion of the third *Lions Gala for Sight* for Indigenous Eye Health this year in support of the Anishnawbe Health Foundation (AHF).

The *Lions Gala for Sight* is an opportunity for the community to provide funds for the prevention of blindness in Canada. It has contributed over half a million dollars to the Canadian National Institute for the Blind and other eye health institutes locally and globally. This year's Gala will support the Anishnawbe Health Foundation. It will raise awareness about the health of Indigenous Canadians and further the mandate of the Anishnawbe Health Foundation, "Excellence in Vision Research & Preventable Blindness."

I commend Toronto Netralya Lions Club for expanding their work on this issue and extend to you my best wishes for this event. Thank you for your years of charitable work and for your tireless service to the community, both in Don Valley West and across Canada.

Sincerely,

Robert Oliphant, M.P.  
Don Valley West

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LIONS GALA FOR SIGHT 2018



**Deb Schulte**

Member of Parliament / Députée – King-Vaughan



## Congratulations on your Lions Gala for Sight

May 5<sup>th</sup>, 2018

As the Member of Parliament for King-Vaughan, I am pleased to extend greetings to everyone attending the Lions Gala for Sight in support of the Indigenous Eye Health Program.

The funds raised from this gala will go towards the building of a specialized Eye Care Centre in the Anishnawbe Health Toronto Centre that will provide a comprehensive holistic care to the Aboriginal community.

I would like to commend the Toronto Netralya Lions Club for their contributions to excellence in vision research and preventable blindness, and to diabetes management. I want to thank all the volunteers and sponsors that have made this event possible.

Please accept my best wishes for an enjoyable and successful evening.

Sincerely,

Deb Schulte, MP  
*King-Vaughan*

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THE LIEUTENANT GOVERNOR OF ONTARIO  
LA LIEUTENANTE-GOUVERNEURE DE L'ONTARIO



May 5, 2018

I happily extend warm greetings to all attending the Lions Gala for Sight in support of the Anishnawbe Health Foundation.

The Toronto Netralya Lions Club has chosen a worthy cause. By raising funds in support of a new eye exam room, you further Anishnawbe Health Toronto's important work in providing culturally sensitive healthcare to Indigenous people living across the Greater Toronto Area. Such partnerships are crucial as we look to make progress on the path of reconciliation and respectful healing, and I offer my gratitude to all who have contributed to making this evening a success.

You have my best wishes for an enjoyable gala.

A handwritten signature in blue ink that reads "Elizabeth Dowdeswell".

Elizabeth Dowdeswell



Premier of Ontario - Première ministre de l'Ontario



May 5, 2018

### **A PERSONAL MESSAGE FROM THE PREMIER**

On behalf of the Government of Ontario, I am delighted to extend warm greetings to everyone attending Gala for Sight 2018, an event organized by the Toronto Netralya Lions Club in support of the Anishnabwe Health Foundation.

I commend the Toronto Netralya Lions Club for its commitment to raising funds for ongoing research related to the prevention of blindness, and for its dedication to building a stronger community of support for people who are living with, or at risk of developing, vision loss.

I am very pleased that the funds raised this evening will support the Anishnabwe Health Foundation in enhancing the vision care services it provides to the Indigenous community in Toronto.

I want to thank all those who helped to make this gala possible, including the organizers, sponsors and volunteers. I would also like to recognize everyone in attendance for demonstrating their support for this worthy cause.

Please accept my sincere best wishes for a memorable evening, and a highly successful fundraiser.

A handwritten signature in black ink that reads "Kathleen Wynne".

**Kathleen Wynne**  
**Premier**



Dinesh Bhatia  
Consul General of India  
दिनेश भाटिया  
भारत का प्रधान कौंसल



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### MESSAGE

I am delighted to learn that Toronto Netralya Lions Club is organizing a fundraising Gala "Indigenous Eye Health" for Anishnawbe Health Foundation (AHF) with the mandate "Excellence in Vision Research, Preventable Blindness and Diabetes" on Saturday May 5, 2018 at Avani Event Centre, Vaughan, ON.

2. I appreciate Toronto Netralya Lions Club for its initiatives to organize this charitable work for locally and globally humanitarian purposes. I am also delighted to note that the organization is dedicated to help preventable blindness through program of Vision Research and services that appropriately manage diseases such as diabetes, which causes blindness and committed to raise funds and provide monetary help for these programs and services in underprivileged and indigenous community.

3. It is also interesting and appreciative that the funds raised at the Gala event will be used for "Indigenous Eye Health Program" in the new Anishnawbe Health Centre and through the sponsorship, "Lions Gala for Sight" aims to provide financial support and "Enhance Community Participation" through Public-Private Partnership in the Toronto Indigenous Community.

4. On this occasion, I extend my warmest greetings and convey my best wishes to Toronto Netralya Lions Club and all its members participating in "Lions Gala for Sight 2018".

*Dinesh*  
(Dinesh Bhatia)





**A MESSAGE FROM THE HONOURABLE DIPIKA DAMERLA**  
Minister of Seniors Affairs

May 5, 2018

**Gala for Indigenous Eye Health**

Dear Guests,

Thank you for showing your support to the Toronto Netralya Lions Club and the Anishnawbe Health Foundation. I am moved by your collective effort to foster strong eye health among Toronto's Indigenous community.

By advocating for excellence in vision research, you are ensuring that those in our society who are most vulnerable to preventable eye disease are able to avoid such risks and live a healthy life.

Your goal of bringing the Anishnawbe Health Foundation's services under one roof is commendable. This project will allow the centre to effectively care for those most impacted, or at risk, of poor eye health.

Ontarians have always shown leadership by taking initiative and acting upon the needs of the people, and this cause is no different. I strongly believe that we as community have shared responsibility towards those who are underserved. Each one of us, deserves a fair shot at success. And through research and innovation we get closer to fulfilling that vision.

Through your attendance at tonight's gala and numerous events throughout the year, you are changing the lives of families and communities in need.

I am grateful for all your ongoing efforts and wish you best of luck.

Sincerely,

Dipika Damerla

Minister of Seniors Affairs





# STEVEN DEL DUCA, MPP

Vaughan



May 5<sup>th</sup> 2018

Dear Friends,

It gives me great pleasure to congratulate the Toronto Netralya Lions Club on their Indigenous Eye Health Centre Gala in support of the Anishnawbe Health Foundation.

Funds raised from tonight's event will go towards the Anishnawbe project, Vision and Diabetes and make a long lasting impact on the Indigenous community.

As the MPP for Vaughan, I applaud the commitment and dedication of the Toronto Netralya Lions Club and wish everyone in attendance a wonderful evening.

Steven Del Duca, MPP  
Vaughan

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**Office of the Parliamentary Assistant  
Ministry of Tourism, Culture and Sport  
Minister Responsible for Accessibility**

Ministry of Tourism, Culture and Sport  
9<sup>th</sup> Floor, Hearst Block  
900 Bay Street  
Toronto, ON M7A 2E1

Saturday, May 5, 2018

Dear Friends,

It is my great pleasure to extend warm greetings to everyone participating in the Toronto Netralya Lions Club’s fundraising Gala “Indigenous Eye Health” for the Anishnawbe Health Foundation (AHF).

I wish to take this opportunity to commend President Kanta Arora and all her fellow Lions for their dedication and compassion. The name of the Community Legacy Project, “Excellence in Vision, Preventable Blindness and Diabetes” raises awareness of the problem of eye health and diabetes among the Aboriginal community.

The Lions Clubs in Canada have a great belief: optimism towards the individual and society, our country and our world: in a phrase, “we serve.” Health care is a vital part of a community’s wellbeing and I congratulate the TNLC for their espousal of Indigenous Eye Health. A commitment to bettering the lives of others, a commitment to finding solutions – that is the Lions’ way!

Please accept my best wishes for a successful event!

Sincerely

Amrit Mangat  
Parliamentary Assistant to the Minister of Tourism, Culture and Sport  
and to the Minister Responsible for Accessibility

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### Message from the Mayor

It is my pleasure to extend greetings and a warm welcome to everyone attending the Lions Gala for Sight 2018 in support of Indigenous Eye Health, hosted by Toronto Netralya Lions Club.

Today's gala provides a wonderful opportunity to raise funds in support of a new building to house all of the Anishnawbe Health Foundation services under one roof, including alleviating preventable blindness resulting from diabetes. Toronto is home to the largest Indigenous population of any city in Ontario. This new building will make a huge difference for the health of residents in Toronto.

The City is proud of organizations that are committed to making a difference. I thank everyone participating in this fundraising event for your contribution to the well-being of our communities.

On behalf of Toronto City Council, please accept my best wishes for a memorable event and continued success.

Yours truly,



John Tory  
Mayor of Toronto

OFFICE OF THE MAYOR  
100 QUEEN STREET WEST, TORONTO, ONTARIO M5H 2N2



LIONS GALA FOR SIGHT 2018



# LIONS CLUB INTERNATIONAL

## Fact Sheet

**Lions Clubs International is the world's largest service club organization.**  
We have more than 1.4 million members in more than 46,000 clubs worldwide.

### **Lions are everywhere.**

We're active men and women in more than 200 countries and geographic areas.

### **Lions have a dynamic history.**

Founded in 1917, we are best known for fighting blindness – it is part of our history as well as our work today. But we also volunteer for many different kinds of community projects – including caring for the environment, feeding the hungry and aiding seniors and the disabled.

### **Lions give sight.**

By conducting vision screenings, equipping hospitals and clinics, distributing medicine and raising awareness of eye disease, Lions work toward their mission of providing vision for all. Lions have extended their commitment to sight conservation through countless local efforts and through their international Sight First Program, which works to eradicate blindness.

### **Lions serve youth.**

Our community projects often support local children and schools through scholarships, recreation and mentoring. Internationally, we offer many programs, including the Peace Poster Contest, Youth Camps and Exchange and Lions Quest. Our Leo Program provides the youth of the world with an opportunity for personal development through volunteering. There are approximately 144,000 Leos and 5,700 Leo clubs in more than 140 countries worldwide.

### **Lions award grants.**

Since 1968, the Lions Clubs International Foundation has awarded more than \$660 million in grants to support Lions humanitarian projects around the world. The Foundation was also ranked the number one nongovernmental organization in a 2007 study by the Financial Times. Together, our Foundation and Lions are helping communities following natural disasters by providing for immediate needs such as food, water, clothing and medical supplies and aiding in long-term reconstruction.

### **Lions are active.**

Our motto is "We Serve." Lions are part of a global service network, doing whatever is necessary to help our local communities.

Our call for action: **"Where there is a need, there is a Lion".**







# Lions Clubs International

300 W 22ND STREET • OAK BROOK ILLINOIS 60523-8842 USA • 630.571.5466

**Dr. Naresh Aggarwal**  
INTERNATIONAL PRESIDENT

May 5, 2018

Toronto Netralya Lions Club  
District A711  
Canada

Dear Lions,

*Namaste!*

Congratulations on the occasion of your club's fundraising gala, "Indigenous Eye Health".

Your compassion and commitment make you an outstanding example of what it means to be a Lion...to your family, your friends, your community and to your fellow Lions. Your impressive accomplishments inspire those around you and honor the association's motto "We Serve."

Your contributions have made a real difference in your club and your community. As we look to the future, Lions must continue to make the world a better place through service. When Lions work together for the greater good, all of humanity benefits.

Your hard work and dedication have improved the lives of others, and your commitment to service ensures that many more lives will be positively impacted in the years to come.

Congratulations and best wishes.

Sincerely,

Dr. Naresh Aggarwal  
Your International President



[lionsclubs.org](http://lionsclubs.org)





## **GREETINGS**

### **Toronto Netralya Lions Club**

I am pleased to congratulate Toronto Netralya Lions Club on their initiative to raise funds for “Indigenous Eye Health” for Anishnawbe Health Foundation with the mandate to provide excellence in vision, preventable blindness and diabetes.

I know your members are energetic, passionate, and loyal to the lions Moto “WE SERVE.” You all work hard to meet the needs of the community locally and globally. Your members give their time and efforts to make a difference in the lives of the people. Service to others defines who we are and you live up to that motto.

This is a unique project to help our indigenous community. I am aware that the funds raised will support the eye examination room in the new Anishnawbe Health Centre Building in downtown Toronto. Your Club deserves accolades for taking on this initiative. The District supports such projects and I sincerely thank you for your extreme dedication and hard work to fulfill your goal.

My wife Pravin and I send you our congratulations and best wishes for the success of this event.

Lion Surinder Sharma  
District Governor A711





Aaaniin, KweKwe, Tân'si, Shé:kon, Boozhoo,

On behalf of the Chiefs of Ontario, please accept my good wishes for an inspirational and successful 2018 Lions Gala for Sight. Congratulations to the Toronto Netralya Lions Club members, volunteers, sponsors and donors who have worked so hard to make this year's event a success.

Thank you for choosing to support eye health and diabetes management resources at the new Indigenous Community Health Centre for Anishnawbe Health Toronto. As Chair of the Assembly of First Nations' Chiefs Committee on health, I know all too well that diabetes affects far too many of our children, adult and elders. Diabetes and its complications including eye disease are at record levels in the Indigenous community. What makes this even more devastating is the fact that far too many northern communities lack the resources to treat diabetes in a timely manner, leading to blindness and amputations. Health and wellness programs like Anishnawbe Health Toronto are at the front lines of helping people to control their sugar levels and to provide education and support so complications like blindness are avoided.

We are all Treaty People. Your partnership with Anishnawbe Health Foundation is an outstanding example of how we can all work together to secure a better future for Indigenous Peoples.

Chi-Miigwetch, Niá:wen, Thank you,

Ontario Regional Chief Isadore Day  
Wiindawtegowinini  
Chiefs of Ontario

# Anishnawbe Health Toronto

## Overview and History

Anishnawbe Health Toronto (AHT) is a vision of the late Elder Joe Sylvester. Initial efforts began with a diabetes research project, which realized that a more comprehensive approach to health care was needed by the Aboriginal community. In response, Anishnawbe Health Resources was incorporated in 1984. One of its objectives stated, "To recover, record and promote Traditional Aboriginal practices where possible and appropriate."

Today, AHT not only promotes Traditional Aboriginal practices but has affirmed and placed them at its core. Its model of health care is based on Traditional practices and approaches and are reflected in the design of its programs and services.

In 1989, having successfully secured resources from the Ministry of Health, Anishnawbe Health Toronto became recognized and funded as a community health centre.

Since then, AHT has and continues to grow to meet the needs of the community it serves. As a fully accredited community health centre, AHT offers access to health care practitioners from many disciplines including Traditional Healers, Elders and Medicine People. Ancient ceremonies and traditions, intrinsic to our health care model are available. Our work with the homeless has evolved from early directions of crisis intervention to our current efforts of working with those who seek to escape homelessness. Training programs offer community members the opportunity to learn and grow in a culture based setting.

Through our Mission, Vision, Beliefs and Principles, we continue to honour and respect the hopes and dreams of those who first envisioned a healing centre for the Aboriginal Community of Toronto.



Dear Friends,

Aanii and welcome to the 2018 Lions Gala for Sight!

We are delighted that the Toronto Netralya Lions Club has chosen the Anishnawbe Health Foundation as the beneficiary of this year's Gala under the focus of "Excellence in Vision Research & Preventable Blindness & Diabetes Management in the Indigenous Community."

Diabetes is the leading cause of blindness among all working age Canadians – regardless of ethnicity. And, diabetes is at epidemic proportions in the Indigenous community with rates up to five times that of non-Indigenous people.

Anishnawbe Health offers a variety of healing pathways for Indigenous people who are experiencing diabetes, ranging from traditional medicine, ceremony, and spiritual healing by our Traditional Healers to western physicians, nurses, dieticians, and prevention programming.

The funds raised from this evening's event will support our \$10 million capital fundraising campaign in support of a new Anishnawbe Health building in downtown Toronto, and more specifically will help provide an eye examination room in the new Centre.

On behalf of everyone at our Anishnawbe Health family, we would like to congratulate the Netralya Lions Club organizers on a fantastic event, and extend very special thanks to the sponsors, donors, volunteers, and patrons without whom important events like this Gala could not take place.

We're so glad you've joined us on our healing journey.

Chi Miigwetch (Big Thank You!),



Diane Gray, President  
Anishnawbe Health Foundation



# TORONTO NETRALYA LIONS CLUB

## *History*

The Toronto Netralya Lions Club (TNLC) received and celebrated their Charter Night on June 28, 2009. The TNLC was inspired and sponsored by the Toronto Doctors Lions Club. The name of the club "Netralya", which means House of Eyes, in the the Sanskrit language, was chosen to resonate with one of the missions of Lions Club International – which is "SIGHT FIRST" – inspired by the famous deaf-blind Helen Keller.

### Our Fundraising Activities Include:

- Fundraising for humanitarian causes for Immediate relief
- Collaborating with other clubs and Organizations in fundraising events
- Lion Quest activities for youth
- Health related activities
- Collection of used eyeglasses
- Collection of winter clothes

### The social activities are:

- Bridge Club
- Yoga and meditation classes
- Health and wellness seminars
- Celebration of religious and social functions

### Vision & Accomplishments

In 2010, Toronto Netralya Lions Club and Toronto Doctors Lions Club organized their first Gala. With the generosity of supporters, we raised \$50,000 for CNIB, Canadian National

Institute for the Blind, Toronto, \$15,000 for K K Eye Institute, Pune India and \$10,000 for Eye Cancer Research at Princess Margaret Hospital Foundation Toronto.

- In addition, a \$25,000 annual Fellowship Award was created with the goal of encouraging world researchers in the area of vision science and vision rehabilitation.
- Collection of funds initiated by Operation Eyesight Universal for the Lions Siliguri Hospital in India
- Collection of funds for the Haiti Relief Fund, BC and Alberta Wild Fire Funds as well as Dr. Doobay Dialysis Clinic in Guyana
- LIONS GALA FOR SIGHT 2012 was held for the benefit of Canadian National Institute for Blind Toronto (CNIB), Princess Margaret Hospital Foundation and Narayana Nethralaya Post Graduate Institute of ophthalmology Bangalore, India. The Gala was a joint event organized by Toronto Netralya Lions Club and Toronto Doctors Lions Club. Over \$300,000 was raised at this event.

### Future Activities:

**LIONS GALA FOR SIGHT 2018** - Toronto Netralya Lions Club (TNLC) is holding a fundraising gala to raise funds for a specialized Eye Care Centre in the Anishnawbe Health Toronto building. Expected number of guests is 500. The event will include entertainment by Indian and Canadian Indigenous community performers



**Toronto Netralya Lions Club (TNLC)**

3390 Midland Ave. Suite # 2 Scarborough ON M1V 5K3

[www.netralyalions.com](http://www.netralyalions.com)

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LIONS GALA FOR SIGHT 2018



# *Toronto Nethralya Lions Club*

*Acknowledges*

*Late Vasu Chanchlani*

*for*

*his support and guidance for the past two successful Lions gala to raise funds for the*

***CNIB, The Princess Margaret Cancer Foundation, Narayana Nethralaya Eye Institute. (Bangalore)***

***IN SUPPORT OF EXCELLENCE IN VISION RESEARCH***





## Moving Beyond Good Intention

**Lion Dr. Chandrakant P. Shah, MD, FRCPC, S.M. (Harvard), O.ONT.**

Secretary Treasurer, Anishnawbe Health Foundation

I recently retired after 20 years of practicing as a physician at Anishnawbe Health Toronto. Prior to this, I was a Professor in the Dalla Lana School of Public Health for 30 years providing clinical services and conducting research in northern isolated Aboriginal communities. In 2015, Justice Murray Sinclair published a report, *Truth and Reconciliation Commission of Canada: Call for Action*. Since then, I have heard from individual citizens in all walks of life who would like to be engaged in a transformation of our relationship with Indigenous people. How does one proceed at an individual level? From my experience over past fifty years, here is my advice.

### Do:

- Learn and understand the history of Indigenous peoples in Canada and the impact of colonialism – Read the Report of Truth and Reconciliation Commission (see [www.trc.ca](http://www.trc.ca)).
- Vote for federal or provincial representatives who support reconciliation and action.
- Advocate and support Indigenous-led causes. Lend your support to Aboriginal peoples for various issues e.g. housing in First Nations, employment equity, cultural revival etc. Give support to Aboriginal organization by fund raising and advocating for their cause
- Be informed and respectful of Treaties. Treaties are generally signed between the nations thus according special status to Aboriginal People in lieu of land surrendered and peaceful coexistence. Treaty obligations are binding forever!
- Become friends with Indigenous people. Invite them in your home, attend cultural events, and visit Friendship Centres like the Native Cultural Centre of Toronto.

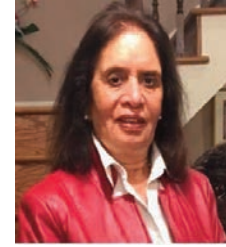
### Do not:

- Prescribe solutions to Indigenous problems; they have had enough of other people giving solutions over last 500 years that have caused more problems.
- Pity Indigenous peoples. They do not need it! Empathy and understanding is needed.
- Get involved with Indigenous issues out of compassion as compassion wears off in a short time. Make sure you can sustain your commitment to working together for long.
- Stereotype Indigenous peoples. Like all communities, there are excellent and renowned people such as architects, painters, lawyers, writers, physicians etc.

Indigenous peoples and all Canadians are part of larger Canadian family. It is our turn to understand, empathise, reach out, provide a helping hand and undo many injustices suffered by Indigenous peoples, so we can make sure that work of the Truth and Reconciliation Commission was not in vain. As Mr. Justice Sinclair in his report said: *“.....reconciliation is not an indigenous problem, it is for all of Canada.”* Let us rise to the challenge!







## VISION

"O sun, to tell thee how I hate thy beams  
that bring to my remembrance from what state I fell, how glorious once  
above thy sphere."

— **John Milton, Paradise Lost** 1608-1674.



To know that you may never see again the beauty of your little child, the beauty of a fresh blooming red rose, the everlasting memory of that symbol of love, the Taj Mahal, or see the love of one's spouse or mother, have to be the greatest losses a human endures. To realize for the first time, that one's life will forever be one of permanent darkness & never to see the sun, be one of the worst nightmares. Unfortunately that is a nightmare that is far too common for too many, especially amongst our Indigenous Peoples. The most galling facet –that in many instances this loss is avoidable!

Vision, glorious three dimensional vision -one of our precious senses. It must be cared for, kept safe so it lasts our lifetime. Of the many causes of loss of vision, a common and avoidable one is Diabetes mellitus. Yet in a country like ours where universal health care guarantees equal access to quality health care to all, people continue to suffer this loss of sight. And the members of First Nations suffer a disproportionately high incidence of loss of vision from diabetes. Health and Happiness must be basic guarantees for all our citizens and that includes the members of the Indigenous Peoples !

The young Netralya Lions Club has a track record of supporting good eye care, here in Canada and in other countries. The Netralya Lions Club Gala 2018 is its first step in trying to help bring better health and eye care as well as better and healthier lifestyles for the Indigenous Community of Toronto. They have a high incidence of diabetes, which when appropriately treated can reduce the incidence of loss of vision. The ravages of diabetes are preventable by timely and appropriate management of the individual(s). Imagine being able to stop this loss of one's precious vision, and the resulting benefit to the individual, the family and our nation! It would indeed be "Paradise regained!"

**Dr. Vidya Butany**, MBBS, FRCPC. Psychiatrist

**Dr. Jagdish Butany**, MBBS, MS, FRCPC. Consultant Cardiovascular Pathologist, Professor, University of Toronto

# LIONS GALA FOR SIGHT 2018

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## Indigenous Eye Health *Program Leaders*

**Dr. Neeru Gupta MD, PhD, MBA, FRCSC, DABO** is an eye surgeon, scientist and educator, and champion for the prevention of avoidable blindness. She is Professor and Chief of Glaucoma at the University of Toronto, based at St. Michael's Hospital and also Professor at the Dalla Lana School of Public Health. She has led successful international efforts in collaboration with the WHO, including the recent 2017 International Guidelines for Diabetic Eye Care. She is Vice-President of the International Council of Ophthalmology, 2015.

Dr. Gupta is recipient of Indio Canada Chamber of Commerce award and an active Lion member of Toronto Netralya Lions Club.

**Dr. Mike Sarin MD, FRCPC, MRCP (U.K), M.Ed, CDE** is a Fellow of the Royal College of Physicians of Canada, and a Member of the Royal College of Physicians of UK. He holds a Masters of Education Degree from the University of Toronto and is a Certified Diabetes Educator with the Canadian Diabetes Association. He is an Associate Professor in the Department of Medicine, University of Toronto and has been Program Physician and Diabetes Educator for Cardiac and Diabetes Programs at University Health Network, Toronto Rehab Institute for last 15 years.

Dr. Sarin is past President and Secretary of Toronto Doctors Lions Club and Guiding Lion of Toronto Netralya Lion Club and for his volunteer work in the community he received Health Professional of the year Award from Canadian Diabetes association in 2015.

# Gala Planning Committee

## EVENT CHAIR

Lion Kanta Arora Toronto Netralya Lions Club

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Lion Jatinder Chabra Toronto Netralya Lions Club

## EVENT CO-ORDINATOR

Lion Sandeep Batra Toronto Netralya Lions Club

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Lion Sunita Nandy  
Lion Usha Pradhan  
Lion Sudha Rastogi  
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Lion Anita Sastri	Toronto Netralya Lions Club	Lion Sonia Shahani	Toronto Netralya Lions Club
Lion Bharti Gupta	Toronto Netralya Lions Club	Lion Usha Pradhan	Toronto Netralya Lions Club
Lion Dr. Jagdish Butany	Toronto Netralya Lions Club	Lion Dr. Michael Sarin	Toronto Doctors Lions Club
Lion Dr. Sudha Rastogi	Toronto Netralya Lions Club	Lion Ashwin Vora	Toronto Doctors Lions Club
Lion Munni Subhani	Toronto Netralya Lions Club	Lion Dr. Rajni Nijhawan	Toronto Doctors Lions Club
Lion Raman Wadehra	Toronto Netralya Lions Club	Lion Sandy Heeralal-Judhan	Zone Chair, Dist. A711
Lion Ramesh Shahani	Toronto Netralya Lions Club	Seema Mehra Laurent	Volunteer
Lion Rami Singh	Toronto Netralya Lions Club	Afzal Subhani	Volunteer
Lion Sandeep Batra	Toronto Netralya Lions Club	Shiv Bansal	Volunteer
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Lion Sandeep Batra  
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## EVENT PROGRAM & STAGE

Lion Munni Subhani, Lion Sudha Rastogi  
Lion Sandy Heeralal-Judhan, Julie Cookson  
Lion Shrivana Cunden, Afzal Subhani

## EMCEE

Jake Dheer

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Shivani Singh – DMG WebLabs Inc

## BROCHURE DESIGN & CO-ORDINATION

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Lion Jatinder Chabra,  
Lion Sandeep Batra, Lion Rajesh Arora

## STAGE & HALL DECORATIONS

Piyush Rawal - Karma Design Studio

## PHOTOGRAPHY & VIDEO

Bashir Nasir & Reena Deion / Shridhar

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Lion Sandeep Batra  
Lion Jatinder Chabra  
Lion Ramesh Shahani

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Lion Bharti Gupta, Lion Dr. Mike Sarin  
Seema Mehra-Laurent

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# TNLC Past Photos



# of Gala and Events



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## Diabetes Mellitus- An Ayurvedic View

Ayurveda is one of the most ancient systems of medicine and has survived and flourished from ages till date. The Sanskrit word Ayurveda can be broken down into two words, *Ayur* and *Veda*. *Ayur* literally means Life and *Veda* means knowledge of or wisdom. Ayurvedic compilations are perhaps the oldest records of a well-researched evidence-based healing system that described anatomy, different ailments, their causes and treatment. Ayurvedic philosophy begins with how to sustain good health and prevent diseases. The sages have given detailed descriptions, prognosis and treatments for diseases that are prevalent even now. One such ailment which requires urgent attention is Diabetes Mellitus.

Almost all the Ayurvedic books have talked about a disease called *Madhumeha*. It is a compound word where *Madhu* comes from the root word, '*Mana*' which means "that which gives psychic contentment" and *Meha* which means "that which flows", like urine. Diabetes Mellitus is correlated with this disease. Currently 24% of the population across the world is suffering from Diabetes and according to WHO, the percentage will rise to 40-45% in the year 2020. Ayurveda enlists the causes that lead to *Madhumeha* as sedentary lifestyle, excessive sleeping, all foods and activities that increase Kapha (one of the three basic constitutions/bio-energies described in Ayurveda), inherited factors, stress, grief, fear and long- standing illness.

While most causative factors sound familiar, it is interesting to note that the Ayurvedic sages attributed the emotional factors such as grief, fear and stress to this disease thousands of years ago. It is now being understood how the hormones secretions vary under emotional states and what their domino effect is on all the other organs and cells. Similarly, the sages carefully enlisted foods that can increase the risk of diabetes. We would all assume, and rightly so, that excessive consumption of sugar and its derivatives and carbohydrates cause the harm but the list includes foods like curds, seafood, excessive food, heavy food and unwholesome diet as causative factors too.

While we are born with a genetic predisposition, a balanced diet, lifestyle and mind can keep us healthy. Those who follow a routine are usually able to manage their time well and find time for exercise and relaxation. Along with a routine, it is also important to follow a balanced diet. A balanced diet is one that follows the sun - with a nourishing light breakfast after sunrise, a wholesome lunch and a light dinner before sunset. Regular practice of Yoga balances and aligns our mental and physical energies. Finally, our body is able to metabolize only two teaspoons of sugar in a day and it stores the rest in the liver. It is time we listen to our body's intelligence and spread more sweetness than we crave and consume.

**Lion Seema Bhatia (Doctorate of Natural Medicine)**  
**Ayurvedic Practitioner**  
**Psychologist**

*Congratulations*

**TORONTO NETRALYA LIONS CLUB**

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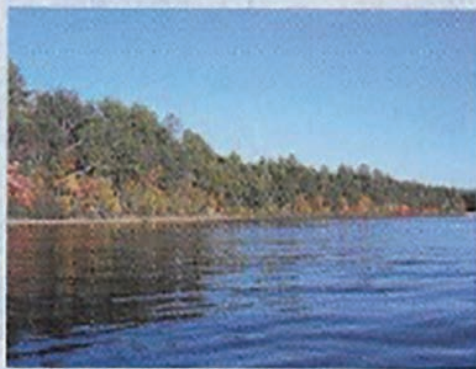
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Congratulations and Best Wishes to Toronto Netralya Lions Club for hosting **Lions Gala for Sight** for Indigenous Eye Health.

The humanitarian work that is being done by organizations such as yours is paramount to improving civil society and helping the underserved. Its mission to create awareness of preventable blindness, as well as to eradicate through monetary assistance, is a noble cause and very needed. Especially, as this will help the underserved and those in need. We wish to express our support for their current and future efforts.

Dr. Rahul Reddy  
Apollo Hospitals, India

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Flashback Lions Gala for Sight 2012





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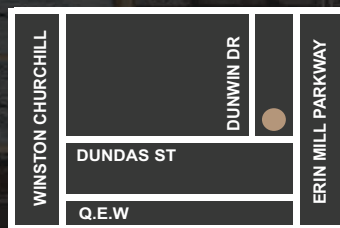
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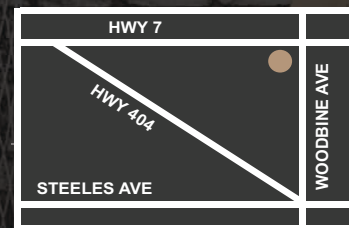


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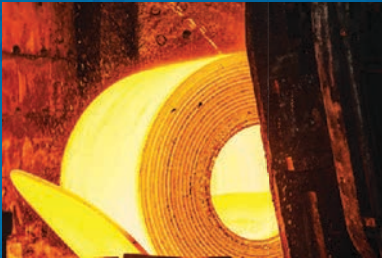
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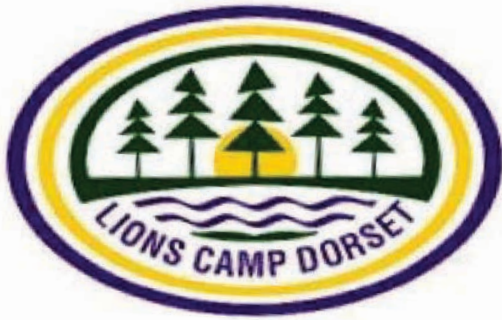
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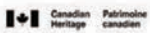
Described by the New York Times as a 'dance company of rare vitality', SAMPRADAYA Dance Creations is Canada's award-winning Indian dance company, internationally recognized for its distinctive dance productions. Lata Pada is the creative force behind the Company and has recently been conferred the Order of Canada, the first South Asian artist to be honoured by this prestigious award. She holds a Masters in Dance from York University and has been appointed Adjunct Professor in York University's Graduate Program of Dance.

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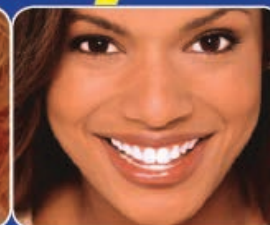
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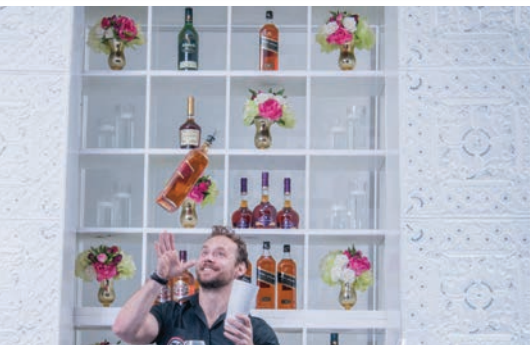
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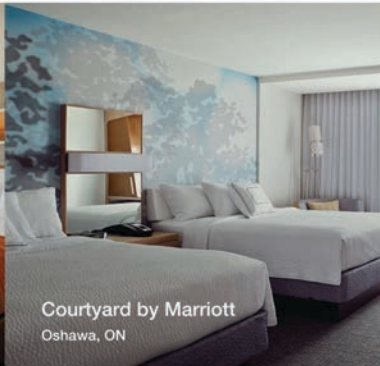


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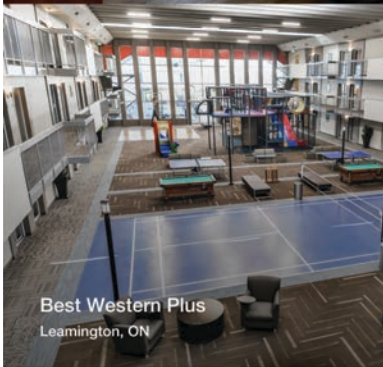
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