

CAPACITY BUILDING IN BURUNDI

IF YOU WANT TO GO FAST, TRAVEL ALONE
IF YOU WANT TO GO FAR, TRAVEL TOGETHER — AFRICAN PROVERB

A priority for Seva Canada is training locals to meet the growing eye care needs in each of the countries where we work. Training is part of capacity building and one of the most important elements is making sure that all members of the team have the right set of skills. The story of Levi Kandeke is a remarkable example.

Levi Kandeke is a 39-year old Burundian ophthalmologist. "When I was 11 years old, I was struggling at school and my mother took me to see an ophthalmologist. He realized that I had severe myopia and gave me a pair of glasses bringing my world into focus. This had such a profound impact on me I immediately decided to become an ophthalmologist," said Levi. Unbeknownst to Levi, he would be the first ophthalmologist in Burundi capable of performing sight-restoring

surgeries for his people; until he returned to Burundi all eye surgery was done by visiting ophthalmologists! He received his training in Burundi and Geneva and was working in France when his mother convinced him to return home and help his people.

Levi returned home and quickly realized that he could not provide the high quality eye care people in his country needed without assistance so he turned to the Kilimanjaro Centre for Community Ophthalmology (KCCO) for help.



LEVI KANDEKE & PATIENT

In 2005 he attended a course on community ophthalmology at KCCO in Moshi, Tanzania. The Directors of KCCO saw in Levi the leader around whom

FROM FRONT PAGE

an eye care program for Burundi could be built.

With Levi's determination, dedication and strong leadership, the work began. The first step was to renovate and expand the small operating theatre in Bujumbura, doubling the surgical capacity in a very short period. At the same time Levi trained surgical assistants and nursing staff while KCCO trained program administrators, planners and outreach coordinators.

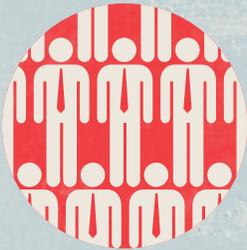
Levi's efforts, with the help of KCCO and Seva, dramatically improved access to care for the people living around Bujumbura – free outreach screening clinics were conducted and transport was

provided to people needing surgery or other services. As a result, the number of annual cataract operations grew from 342 in 2008/09 to well over 2000 by 2012.

Levi realized that eye care throughout Burundi, with a population of almost 9 million, was going to rely on his leadership. He introduced the concept of "Vision Centres" to rural settings in Burundi, funding their establishment with his own money. These centres are unique in Africa. The Vision Centres, staffed by Ophthalmic Clinical Officers, provide year-round basic eye care services to otherwise un-served populations. Services are provided for free for those who cannot pay while

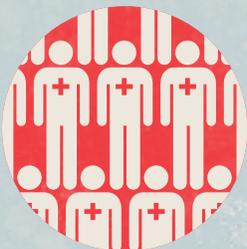
those who can are charged \$3 for an examination and about \$7-\$10 for eye glasses. The first Vision Centre recovered all capital costs (equipment and renovation) and salaries after only 18 months. Currently two Vision Centres are operating under Levi's guidance and four more are planned.

Two young ophthalmology graduates are now back in Burundi and Levi is mentoring them to strengthen their clinical skills. They are the future of eye care in Burundi and Levi Kandeke proves that Africa can help itself with support from organizations like Seva and KCCO.



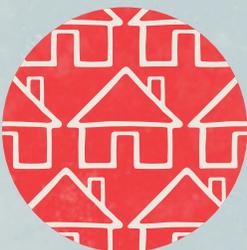
Management:

Management in hospitals & primary eye care centres are trained & mentored in financial management, inventory control, medical record keeping & patient care.



Medical Staff:

All levels of medical staff, from ophthalmologists to those who maintain surgical instruments, are recruited and trained.



Community Outreach Staff:

Community outreach staff are trained in eye care and counselling. Outreach staff then educate teachers, health workers, spiritual leaders & traditional healers on eye health.



IT'S ALL DONE WITH PEOPLE



Human Resource Sustainability & Retention of Local Skilled Workers



Increased productivity & efficiency. More people receive quality care at a lower cost

To be successful, an eye care program must have enough well-trained staff in all areas: management, medical and community outreach to provide quality care. Seva facilitates that training.

ONE OF MY HAPPIEST DAYS AT SEVA

BY MS. PARAMI DHAKHWA, SEVA NEPAL STAFF

I still remember when I met that 100-year old man in Dhankuta Eye Camp. This was in November 2006. He had undergone surgery in his right eye. As part of my routine work in any eye camp, I was interviewing the patients that had undergone eye surgeries. I came up to this man and asked one of my regular questions inquiring how old he was. He said he was 100. Surprised, I asked him and again he said that he was 100 years old. I was astonished and at the same time very happy to see a 100-year old person. I had never met anyone that old in all my life. I had so many questions for him. I wanted to talk to him, wanted to know more about him. The memory is so fresh that it feels like it was yesterday when he said that he was very happy and lucky that he got this opportunity to restore his sight. When I asked what change he expected in his life after he got back his sight,

he said the foremost thing was that he would be able to see what he was eating and the second thing was that he would be able to move around and go to the toilet by himself.

For my whole life I took the gift of sight for granted. I never realized how blessed I am to have sight. I can see what I am eating and freely move around. He made me realize that I should be thankful to God as I am blessed with the ability to see.

One day, 6 years later, while I was collecting reports of eye camps from our colleague Mr. Sanjeeb at the Butwal Eye Hospital, he said that the eye camp in Dhankuta and Chainpur went well. They had done a good number of cataract surgeries in both places. He said that even a 106-year old person came for an eye check-up. I asked him where did they find a 106-year old person and he said that it was in Dhankuta. He said that he also had

pictures of that old man. I suddenly remembered the 100-year old person that I met in Dhankuta and it was six years back. I immediately told him to send me the pictures. I got very impatient; I wanted to see if that was the same person. Mr. Sanjeeb sent me the pictures and when I opened them, to my pleasant surprise it was the same person. He was little bit older than when I had last seen him and stooped a little bit more than before. I felt so good and happy. I called Mr. Sanjeeb to know if he remembered what that



PARAMI DHAKHWA & 100-YEAR OLD NEPALI PATIENT

person came for. Mr. Sanjeeb who is an Ophthalmic Officer and in charge of outreach activities said that he was there for a routine eye check-up and he was pseudophakic (meaning he had already undergone cataract surgery in the past). That whole day I felt so very good and I was all smiles.

To think back to this type of incident keeps me motivated. I feel good that I am working for Seva and helping to prevent needless blindness in Nepal.

Thank you Seva and all the Seva donors!



PATIENT AT 106 YEARS OLD

THE RIPPLE EFFECT OF TRAINING

Namaste.

My name is Dr. Salma KC Rai and I am a pediatric ophthalmologist in Nepal. Some of you may know my story but I'd like to share an update with you on how my specialty training in pediatric eye care in Vancouver, Canada changed my life and the lives of the children and families I have been able to help.

I was born in a remote village of Nepal. It was my father's dream for me that I should study medicine so that I could serve the poor communities in my country. Thanks to the support of Seva donors, my father's dream came true. Seva supported my ophthalmology training and, for the past 10 years, I have been practicing



DR. SALMA KC RAI

ophthalmology, providing eye care for the Nepali people.

In May 2009, I did a one-year fellowship program in Canada so that I could

become a pediatric ophthalmologist.

The fellowship exists thanks to the generosity of Seva Canada Board Member, Dr. John Pratt-Johnson, a renowned pediatric ophthalmologist who supports training of doctors

from low-income countries. It provided

me with the skills needed to treat children's eye conditions back home in Nepal.

Now, 3 years later, I am not only a pediatric ophthalmologist at the Lumbini Eye Institute in Nepal helping thousands

of children to see again, but I am also the Director. I am able to use my training to run the hospital and inspire and empower the staff to learn and grow.

Funding the training of local doctors, establishing Vision Centres, and providing equipment and medical supplies is an investment in the future of Nepal's eye care programs. More people in need of eye care are being helped and knowledge is being passed on to the current and future generations of local doctors and medical staff.



DR. SALMA KC RAI EXAMINING A PEDIATRIC PATIENT

I have seen Seva and its supporters in action with my own eyes and it is the most beautiful sight.

Salma

UPCOMING EVENTS

Journeys with Heart Chappatis & Chai tour to India & Nepal supporting Seva Canada, September 30 – October 22, 2013

Embark on a wonderful journey with Celebrity Chef John Bishop as the guest host, to discover a land where history is alive in music and dance, and the culture is steeped in tradition. Travel through breathtaking mountainous landscapes; delight in the local cuisine and tea tasting in Darjeeling; cruise along the canals and lagoons of Kumarakom; feel the local beat as you are welcomed into a unique and fascinating culture.

Visit Kathmandu, Pokhara, Bhairahawa, Darjeeling, Kolkata, Cochin, Munnar, Kumarakom, Madurai and Chennai.

For more information or to sign up contact Jenny Karmali at cwtravel@shaw.ca or 604-264-0552

An event at Bishop's for more details on the trip will take place on Sunday, April 28, 2013 from 1:00pm - 3:30pm. RSVP to admin@seva.ca

3rd Annual Golf Tournament, June 8, 2013

Join us on June 8 at the third annual golf tournament at the stunning Cordova Bay Golf Course in Victoria, BC organized by Seva supporter, Gerry Pomeroy. Entry fee includes power cart, meal and prizes including \$10,000 for a hole in one!

Location: Cordova Bay Golf Club
5333 Cordova Bay Road, Victoria
Time: 12:00 pm

Cost: \$160 per person plus any donation you wish to make to Seva Canada's sight programs.

For more information contact Gerry at 250-418-1339 or gerry.p@shaw.ca OR Karen Moosbrugger at (250)941-2287 or kmoos2012@gmail.com

**Geezer Cabaret, June 29, 2013
An evening of comedy and music in support of Seva**

Featuring:

The Geezers (Sid Filkow & Arvid Chalmers)

Singer-musicians Valdi and Bill Henderson of rock & roll band, Chilliwack

Location: ArtSpring Theatre,
Salt Spring Island

Time: 8:00pm

For ticket information contact the ArtSpring Theatre: 250-537-2102 or toll-free 1-866-537-2102

<http://artspring.ca/>

30TH ANNIVERSARY ANNUAL GENERAL MEETING & CELEBRATION

Thank you to all who joined us for Seva Canada's 30th Anniversary Annual General Meeting (AGM) and celebration on November 30th! It was an inspirational evening filled with wonderful speeches, presentations, the Jawani Girls Bhangra dancers and Henna by Ruby.

The Seva Canada Board was elected and we said our good-byes to Board Member, Linda Young, who was thanked for all her work and commitment to Seva and its mission.

Ram Prasad Kandel, one of our visiting guests and Seva Nepal's Program Manager, was honoured for his decades of service and his commitment to making eye care accessible to every Nepali. Dr. Ken Bassett, Seva Program Director, gave a touching and poignant speech to his dear friend and colleague. If you haven't heard the speech you can read it at <http://bit.ly/T9paIk>

Dr. Marty Spencer, longtime Seva supporter and Board Member, was also recognized with a lovely speech by Board Chair Nancy Mortifee. Marty has been volunteering his services for over 26 years, pioneering and teaching surgical techniques to local medical staff in India, Nepal, Tibet, Malawi, Cambodia, China and Guatemala and has designed several instruments for cataract surgery as well as two intraocular lenses. He was also a key member in the creation of Aurolab. Marty is an innovator, a visionary and an inspiration to us all!

It was also a great privilege to have R.D. Thulasiraj (Thulsi) from our partner in India, Aravind Eye Care System, at the AGM to speak about 30 years of working together and all that has been accomplished and all that we can do together moving forward.

Nancy Mortifee and Executive Director Penny Lyons described an exciting new project in Nepal created in celebration of Kandel, Marty and Seva. Nepal was one of Seva's first partner countries

and now, 30 years later, the dream that every Nepali will have access to eye care will be achieved. In the spring of 2013, Seva Canada and Seva Nepal will

be creating a Primary Eye Care Centre (PECC) in Bajura; the last district in all of Nepal to receive access to primary eye care. Bajura is one of the poorest and most remote places on earth; currently



NANCY MORTIFEE WITH DR. MARTY SPENCER
PHOTO CREDIT: IAN MCLENNAN

inaccessible by road, mountainous, isolated, and breathtakingly beautiful.

A special thank you to all the wonderful supporters who generously pledged to help fund the project at the AGM.

We are incredibly grateful to all the volunteers who donated their time to make Seva Canada's 30th Anniversary AGM an amazing night to remember.

To see photos of the event please visit Seva's Facebook page at <http://on.fb.me/WvsgtW>



RAM PRASAD KANDEL AND DR. KEN BASSETT
PHOTO CREDIT: IAN MCLENNAN



NANCY MORTIFEE WITH R.D AND CHITRA THULASIRAJ PHOTO CREDIT: IAN MCLENNAN

MY GRANDFATHER'S LEGACY OF SIGHT

BY SEVA DONOR, DAN MCLEOD

Eye care has had a long history in my family. My grandfather, uncle, cousin and second cousin are optometrists. My grandfather, Murdoch, was born in 1884 and according to family stories was one of the first optometrists in British Columbia. He was a true pioneer and travelled extensively throughout the province testing eyes and providing glasses for those in need. Murdoch, while an entrepreneur, truly cared about the less fortunate and travelled to remote areas to provide eye care. Many times he encountered people in need who could not afford eye care, but needless to say they still were given the glasses due to his generosity.

Murdoch practiced optometry for many, many years and reluctantly retired when he was in his early 90s, as

ironically his eyes were now failing him. He was a man who loved his work and was truly passionate about it.



MURDOCH MCLEOD

My grandfather passed away in 1983 at the age of 98. I recently discovered part of his old travelling optometrist kit when my parents moved from the family home. I gave the travelling kit to a friend who collects old medical equipment with no expectations other

than it would be given to an individual that appreciated the history. The kit contained, among other things, a number of old-style frames that were apparently sold to interested collectors. To my surprise I was given the money from the sale of the items from the optometrist kit. I kept the money tucked away wondering what I could do with it that would continue the work of my grandfather.

One day I had a chance to speak with longtime Seva supporter and volunteer, Nagib, about his trips to Nepal and his fundraising for Seva. I thought again of my grandfather's legacy and how Seva would be a perfect fit. To give sight by donating the money raised from the sale of old optometry equipment would be something my grandfather could be proud of.

RESTORING SIGHT IN BAJURA, NEPAL

This May, Seva Canada and committed donors will fulfill a 30-year dream to provide access to eye care to every Nepali.

Bajura, an extremely remote and poor area in the northwest, is the last district in Nepal without access to eye care. The inauguration of a Primary Eye Care Centre in Bajura on May 3rd will ensure that eye care is available to everyone in need.

Primary Eye Care Centres (PECCs) are essential for the early detection of eye problems and the prevention of blindness. The centres have equipment for examining eyes and making glasses. They also undertake school screening programs to detect eyesight problems in children. About 90% of eye problems can be treated at a PECC and those patients who need further care, such as cataract surgery, can be referred to the nearest hospital.

Currently, the closest hospital to Bajura is a 2-day journey by bus that costs a month's salary for the people in this area. The new PECC will ensure that most people won't have to make that journey and only those requiring surgery will make the 2-day trip to Geta Eye Hospital in southwestern Nepal. Patients who have to travel will have their transportation and surgery subsidized by Seva.

Seva is sponsoring an eye camp in Bajura just prior to the inauguration, where hundreds of Nepalis in this remote area will receive free cataract surgery near their homes. In addition, Seva will provide the equipment and supplies for the ongoing operations of

the PECC. Patients of all ages from babies with congenital cataracts to the elderly will have their sight restored by the "eye-openers." Surgeries at the eye camp will be performed by Dr. Pant, a locally trained ophthalmologist from Geta Eye Hospital. He will be assisted by Dr. Marty Spencer, a Canadian ophthalmologist and Seva board member based in Nanaimo, who has been training local Nepali doctors and creating innovative eye care techniques since the early '80's.

Managing it all will be Ram Prasad Kandel, Seva Nepal's Program Manager, who has dedicated his life to Nepal's blind. This PECC is the culmination of Kandel, Seva and Marty's dream for Nepal's most vulnerable people. Our deepest thanks to Seva's donors for making the creation of this vital eye care centre possible.



SEVA DONOR INVESTS IN TIBET'S FUTURE

Each year, Seva invests in training so local professionals can bring life-changing eye care to their own people. When a doctor from a low-income country is trained, he or she can then treat thousands of patients over a career lasting decades. That doctor can also train others in his or her specialty area so even more people can have their sight returned to them.

Carol Givton, a longtime Seva donor, has supported medical training in Tibet for many years. Carol has increased the knowledge and skills of Tibetan surgeons by funding their training in eye care specialties: glaucoma, medical retinopathy, and small incision surgery to name just a few. Her commitment to high quality training has literally transformed thousands of lives in Tibet.

Last year her donation trained two Tibetan doctors from the Menzikhang Hospital of Traditional Tibetan Medicine in Lhasa in the specialty of glaucoma. Previously, very few Tibetans received

treatment for glaucoma because they had to make a very expensive, lengthy and difficult journey to Chengdu for surgical treatment.

Dr. Tsedar and Dr. Tokchu attended intensive glaucoma training in Nanjing, China and now they are skilled in both detection and treatment. Today, glaucoma patients can have their sight returned to them, close to home and their families.

An interview with Carol

How did you come to be connected to Seva?

I've known about Seva for a long time. In the late 1980s I went on a trek into the Himalayas and felt a profound connection to the mountains, the monasteries, and the people. When I returned home I was very interested in the culture, and in reading more about it I learned about Seva. It was a natural fit.

What is it about Seva's work that inspires you?

I love the feeling of supporting something that has such a direct impact. It is very inspiring to think of lifting the burden of someone who struggles with blindness, with such an

easy procedure as cataract surgery – allowing them to see the faces of their family again. In photos of patients, you can see hope for the future in their eyes.

Why do you fund training?

I think it's important to increase the number of trained doctors so that eye care is more accessible. So many people struggle with blindness and they travel for days to get to treatment. With more trained doctors, patients can be treated nearer to where they live.

How does building capacity overseas fit into your world view?

Donating to training has such a ripple

effect. Investing in the skills of local people ultimately means that so many more people will be able to see.

If you had one message to other Seva supporters, what would it be?

Seva is an organization with a lot of integrity and passion, and it offers so many ways to give and make a difference. You aren't limited to giving big donations – even a small gift can make a big impact.



A TIBETAN CATARACT PATIENT.
PHOTO CREDIT: SUSAN ERDMANN

LEGACY 20/20 YOUR GIFT... THEIR VISION

Join our **Legacy 20/20** campaign. Together, we can create a world where no one is needlessly blind.

Please remember Seva Canada Society in your Will. Your gift will have a ripple effect for generations.

For more information call **604-713-6622**



PHOTO CREDIT: KARL GROBL, WWW.KARLGROBL.COM

THE RIGHT TOOLS FOR SUCCESS

Ravi is a 28-year old optical technician in Nepal. He began his working life making glasses at his family's shop in Nawalparasi. As a young man he travelled to Butwal to support his family, earning a better wage at the Butwal Lions Eye Hospital (BLEH).

Without proper equipment, making glasses was arduous, frustrating work. Until last year, Ravi worked through the cold of winter with his bare hands. His days were long and often hard. Despite his great effort to produce high-quality glasses for patients, it was next to impossible to make consistently perfect lenses with his inadequate equipment.

Chipped glass would regularly cut Ravi's hands, making it even harder to work efficiently.

In the summer of 2012 Seva invested in an Auto-Edger machine for Ravi. Now Ravi has a safer working environment and increased productivity. With his new equipment, Ravi can make two pairs of glasses in the time he used to make one.

The money earned from the sale of Ravi's glasses helps to sustain the Butwal Lions Eye Hospital (BLEH), bringing low cost and free eye care to restore sight and prevent

blindness in the Butwal area. The simple implementation of this new technology has not only changed Ravi's life – his work is more efficient and safer, and no longer frustrating and painful – but it has also brought this facility closer to financial independence. This means that the hospital is one step closer to becoming self-sustaining, able to provide accessible eye care now and in the future.



EYEGLASS MAKING PHOTO CREDIT @ ELLEN CRYSTAL PHOTOGRAPHY

HAPPY, CHUBBY BABY...

Seva Canada sponsored a pediatric eye camp in Bujumbura, Burundi in November of 2012; the second pediatric outreach ever conducted in Burundi. A volunteer pediatric ophthalmologist, Lee Woodward, performed the surgeries as Burundi doesn't yet have any trained pediatric ophthalmologists.

127 children received sight-restoring surgery.

At the beginning of February 2013 we met the mothers and four of the babies who had received surgery and here is one of their stories.

Divin Nimpagaratse was four months old when his mother noticed that his eyes were not following her when she moved. She has 5 other children so she knew this was not normal. His father shone a torch in his eyes and there was

no reaction so they knew there was something wrong.

Publicity for an upcoming pediatric outreach was being done through community groups, the radio and the churches. One Sunday in church, shortly after the experiment with the torch, Divin's parents heard about the pediatric outreach and called the number that was provided. They were told

that the transportation to Bujumbura and the cost of the surgery would be covered. Divin's parents were so relieved because with 6 children and a small plot of land as their only income they could not have afforded even the 2 hour bus fare.

Divin had cataracts removed from both eyes, intraocular lenses were inserted and eyeglasses provided. The costs of the surgery, the lenses and the glasses were all provided by Seva donors.

Today, Divin is seeing very well with his glasses. He is a noisy, chubby and extremely happy baby who charms everyone who meets him.



HAPPY CHUBBY BABY DIVIN NIMPAGARATSE



NEPAL'S BRIGHT FUTURE

A new Primary Eye Care Centre (PECC) has been created in Madi (Chitwan) Nepal to provide basic eye care to the local community. PECCs are staffed with an Ophthalmic Assistant (OA) who is trained to treat about 90% of all eye conditions except for those that require surgery. Before the PECC in Madi was operational, an Ophthalmic Assistant needed to be found and/or someone needed to be trained. Ideally an OA comes from the same area as the PECC to increase the likelihood that they will be happy, successful and will stay in the position long-term.

An OA candidate was found for Madi but he needed training which required funding. Longtime Seva supporters Nagib and Maureen Padamshi decided to use their giving page to raise the money. They not only invested in the Ophthalmic Assistant training but were also able to go to Madi for the inauguration of the PECC.

Here's an interview with Nagib Padamshi about their recent trip:

Q: You and your wife Maureen have been longtime Seva supporters. What is it about Seva's work that inspires you?

A: We started in a small way when we saw photographer and Seva-supporter Brian Harris' show. He told a story of a young man who carried his grandmother on his back for days to reach a Seva eye camp. After hearing this story we were inspired to take action and get involved.

Now we have seen for ourselves the people, the eye camps and how one

can change lives with a very small contribution.

Q: Why did you and Maureen choose to invest in training Ophthalmic Assistants in Nepal?

A: Our first trip to Nepal was a Seva donor trip and we went to an eye camp in Gulmi which was run by Dr. Salma KC Rai and her staff. It was amazing how many patients the small number of staff members along with Dr. Salma could examine and treat. They always managed to care for everyone with empathy and compassion.

There is such a huge need for eye care in Nepal and we felt a real connection to the Nepali people, especially the eye care staff. They are so dedicated to helping their people; it's wonderful to see the programs become more self-sustaining.



MADI PECC INAUGURATION

buildings are very basic, but there are great people running them and their impact on the community is huge. We

were humbled to be received with such honour when we arrived. They were so grateful to us for our support.

A PECC is very simple and basic but the staff is able to take care of all the community's eye care needs except cataracts and other ailments that require surgery.

In Canada, if you have a problem with your eyes you can easily get treatment at a hospital, a clinic, an eye care specialist etc... In villages in Nepal there is nowhere

to go if a person has a foreign object in their eye or needs to get their vision tested. There is such a huge return on investment with a PECC especially for such a small cost to set it up.

Q: You and Maureen have invested in the training of three Ophthalmic Assistants

including one in Madi and in Bahjang. Why did you choose to do this?

A: Maureen and I started off by funding cataract surgeries, but we shifted our focus to training because of the long-term impact. We heard Seva Nepal Program Manager Kandel's story of how he became an Ophthalmic Assistant. We were struck by how far he has come and by all that he now does for the Nepali people by providing them access to eye care.

We like training a young person because it changes his life, the lives of his family members and his entire community. It is an opportunity to shift lives into a new phase and really make a large impact. If you've heard the saying that it is better to teach a man to fish rather than just giving him a fish, then you'll understand how we feel. With just a little help for his training, an Ophthalmic Assistant can make such a positive impact.

We know how hard it is to not only get accepted to a post-secondary institute but also to pay for it. Here in North America we can get lines of credit,



NAGIB (FLOWERS AROUND NECK) AND MAUREEN (READING) PADAMSHI AT THE MADI PECC

Q: You and Maureen recently went to visit the new Primary Eye Care Centre (PECC) in Madi (Chitwan), what was that like? What does a PECC do & why is its function so important?

A: It is overwhelming whenever we travel to these places. The

student loans or help from our families, but it is a lot harder in Nepal. The amount that it costs us to train an OA by North American standards is very small and the outcome is so significant.

Q: Did you meet the OA on your recent trip? What was that like? What's he/she like?

A: No we didn't; he was still in training. We don't actually feel the need to meet the people we help train. We are satisfied and confident knowing that they are gaining the knowledge necessary to help people regain their sight. We really just believe in self-sustaining programs run by local people.

It is inspiring to see others move their lives forward and these Ophthalmic Assistants are the future of eye care in their communities.

Q: Did you meet any patients at the PECC? Tell me about them.

A: Not at this new PECC but as we were leaving a man stopped Kandel on the street. He had heard about the clinic and wanted Kandel to check his eye. It just reinforced to us that there is a real need for access to eye care services and that this PECC is really a necessity.

Q: How did you raise the money through your giving page? What is the experience like?

A: We really like using our giving page since we can designate the funds raised to the programs that we are passionate about. We can tell people about our first-hand experiences with stories of the people and the places, hopefully inspiring them while also giving them an opportunity to donate.

We found that our giving page was easy for people to access and that they felt comfortable donating online as they could use their name or do it anonymously. Plus they get their tax receipts directly from Seva.

The giving page also provides transparency. People can visit the giving page as many times as they like to see what's happening and how much has been raised. They can see how the funds are being used and the tangible, direct impact that they're having.

We also hope it encourages others to start a giving page because they'll see just how simple it is to do and that they are empowered to make a difference.

INVEST IN TRAINING AND HELP THOUSANDS OF PEOPLE SEE

- Train teachers to identify children with eye conditions
- Train young doctors to become ophthalmologists

Sustainable eye care programs can only develop if there is training at every level of eye care – from the community health volunteer to the highly skilled ophthalmologist. When you train a local to serve their own people, you increase skills and knowledge in low-income countries so they can become

self-reliant and self-sufficient – and ultimately no longer dependent on volunteers from other countries.

This sustainable approach means that so many more people receive life-changing eye care in the long term.

Our fundraising goal of \$20,000 will provide skill-building at every level of eye care. Please give generously to invest in sustainable eye care, now and in the future. To donate call **604-713-6622** or visit <http://bit.ly/sevatraining>.



PHOTO CREDIT: @PAOLO PATRUNO WWW.PAOLOPATRINO.ORG

This spring, Seva will train eye care professionals in Nepal, Tibet, Cambodia and throughout Eastern Africa. You can help:

- Train nurses in primary eye care
- Train surgeons in modern cataract surgical techniques, glaucoma and corneal transplants

INSPIRING SEVA DONORS



Dorothy Curtiss

- ⇒ Raises funds for Seva through bottle recycling in her building as well as repairing or redesigning jewelry for sale
- ⇒ Dorothy calls her creations Eco-Jewelry; she says, "I am delighted to get broken necklaces that can be made into 'new' earrings or bracelets, or estate jewelry that can be repaired...Aside from the satisfaction of raising funds I have been rewarded by meeting the nicest people through these activities."
- ⇒ She has raised \$2,100 for Seva through her efforts. That's 42 cataract surgeries to restore sight to people in low-income countries



Kieran Keyzer

- ⇒ For his 12th birthday, Kieran asked for donations to Seva Canada in lieu of gifts. This is the second time Kieran has chosen Seva as his birthday charity.
- ⇒ Kieran collected \$95 in donations for Seva, enough to provide 20 children with prescription glasses.



Heather Dunbar & Keith Butt

- ⇒ Recently travelled to Cambodia to attend their daughter's traditional Cambodian wedding (Canadian one to follow) and visited the Seva eye clinic in Battambang
- ⇒ Made a donation to Seva for their daughter's wedding present, dedicated to sight-restoring surgeries in Cambodia
- ⇒ Heather calls it "an uplifting experience...We feel so honored to have seen the amazing gifts that Seva gives in restoring sight."



Aneesa

- ⇒ 9-year old Aneesa saw Seva's Public Service Announcement 'Cause & Effect' and felt inspired to help
- ⇒ She created a presentation to email out to friends and family to raise funds for Seva to provide children with prescription glasses
- ⇒ Aneesa has raised \$425 so far, enough for prescription glasses for 85 children in low-income countries
- ⇒ You can view Aneesa's presentation at <http://prezi.com/ea4zho07xiju/seva/>

GIVING PAGES

CREATE A PAGE,
RESTORE SIGHT
AND START
CHANGING LIVES.

You can run, golf, bike, ask for donations in lieu of birthday or wedding presents or just raise money to fund sight-saving operations, medicines, training and programs for those in need. Create your own Personal Giving Page on Seva's website and start giving the power of sight.

LEARN MORE AT
SEVA.CA



BECOME A MONTHLY DONOR

You can help blind people see again every day of the year. Join our Circle of Sharing family of monthly donors by visiting seva.ca or by calling 1-877-460-6622 toll-free.

"It makes me feel so good to know that my monthly donation is in the hands of people who care with such devotion, compassion and competence! As well, to know that people who I will never know can see the faces of their loved ones and the world around them because Seva does such a good job in bringing together the teams who can restore sight to those so in need."

– **Arlene McGibbon**
Monthly donor



ABOUT SEVA CANADA

SEVA'S VISION

Seva Canada's vision is a world in which no one is needlessly blind or visually impaired and where those with unavoidable vision loss can achieve their full potential.

SEVA'S MISSION

Seva Canada's mission is to restore sight and prevent blindness in the developing world.

SEVA'S GUIDING PRINCIPLES

We are guided by:

- Our belief in equal access to eye care for all
- Our belief that with adequate resources, all people can meet their own needs
- Our commitment to working with international partners to build local, sustainable eye care programs
- Our respect for cultural, ethnic, spiritual and other forms of diversity
- Our commitment to inform and inspire Canadians to join us in achieving our mission

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The Honourable Judith Guichon, OBC
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CONTACT

Seva Canada Society
#100 – 2000 West 12th Avenue
Vancouver, BC V6J 2G2

Tel: 604-713-6622
Fax: 604-733-4292
Toll-free: 1-877-460-6622

Email: admin@seva.ca
Website: seva.ca

Registered Charity:
#13072 4941 RR0001