

Guru Gobind Singh Children's Foundation

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FAUJA FEVER IN TORONTO!



On October 16, 2011 history was made as 100 year old Fauja Singh (pictured above at the finish line with race director Alan Brookes) became the oldest person to complete a marathon. In the Scotiabank Toronto Waterfront Marathon he completed the grueling distance of 42km in just over 8 hours and was welcomed by hundreds of supporters at the finish line including volunteers of the GGSCF. Supporters eagerly anticipated the arrival of Fauja Singh and as he came around the corner at Wellington/Bay towards the finish line the crowd erupted in jubilation. It was an amazing feeling to see history unfold in front of our eyes. It was remarkable accomplishment that provides proof that "impossible is nothing".



The "Sikhs in the City" team from England who accompanied him during his run were also joined by local GGSCF volunteers Amanjit, Harjot, Parmjit, Sarpreet and Supriya. We congratulate the entire team "Sikhs in the City", the volunteers who took part in the marathon, the ones who helped along the route and lastly Fauja Singh, you are an inspiration to all of us!



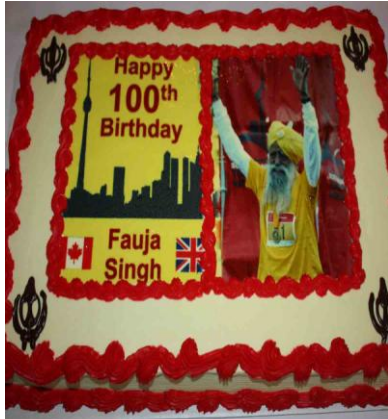
In preparation for the above Fauja Singh also set eight new world records on October 13th 2011 at Birchmount Stadium. The meet was held by the Ontario Masters Athletics and was appropriately titled the Fauja Singh Invitational meet. The following records were set in succession.

- 100m - 23.40s (previous record was 29.83)
- 200m - 52.23s (previous record was 77.59)
- 400m - 2:13.48 (previous 3:41.00)
- 800m - 5:32.18 (no previous record)
- 1500m - 11:27.00 (previous record was 16:46.00)
- 1 mile (1609m) - 11:53.45 (no previous record)
- 3000m - 24:52.47 (no previous record)
- 5000m - 49:57.39 (no previous record)

On Monday evening, the day after the marathon and just before heading to the airport for a flight to England, Fauja Singh presented a \$12,609 cheque to the SickKids Hospital Foundation. "Sikhs in the City" team from England and GGSCF volunteers turned up at very short notice to be present. The volunteers had helped to collect the funds from the Sikh community on the occasion of Fauja Singh setting eight new world records. Fauja Singh's coach Harmander Singh mentioned that this young man has always chosen to run for charity and has never received any prize money. Fauja Singh said running has kept him alive, the records happen if they happen. SickKids representative Stephanie Willett received the donation and a "Sikhs in the City" T-shirt and thanked all those who made this happen. Jagdish Singh Grewal from the Punjabi Media recalled that the Sikh community always has been there for the Hospital and in fact recalled that the first run done by the children in 1993 was for the Hospital, then again in 1999 when the community donated about ½ million dollars on the 300th Anniversary of the Khalsa and more recently when the GGSCF children/youth completed the Run Across Canada and Sickkids was one of the 10 Children's Hospitals that was supported in Canada.

100 YEAR BIRTHDAY PARTY

In the evening of the day when Fauja Singh broke eight world records, the GGSCF were honoured to host a cake and tea party to celebrate Fauja Singh's 100th birthday. This was special day that would be shared with the coming generations that they were there on the very day he broke the world records and many took pictures. The GGSCF volunteers presented awards to Fauja Singh and the entire Sikhs in the City team. At the end of the night, Fauja Singh spoke to community. Sikh Gurus have Taught us about the simplicity, strength and endurance that Fauja Singh embodies. His appeal spans all generations, as he is truly an inspiration to all, both young and old.



WATERFRONT MARATHON

Despite the cold weather and long day, volunteers came out to support the annual Scotiabank Toronto Waterfront Marathon on Sunday October 16, 2011. This event is organized by the Canada Running Series who also organize the annual Sporting Life 10 K Marathon in May that the GGSCF also partook in. For this event, Mandeep Bal again took on the task of rounding up 55 volunteers for the Scotia bank Marathon. The GGSCF was the biggest group to volunteer and was assigned the task of being crowd marshals, responsible for cheer on runners and guide pedestrians and vehicles along the first half of the marathon route. The all got a chance to cheer the Fauja Singh, the last runner and then head to the finish line on Bay Street to await the legend and see history being made. There the media were ready to record this event which was cover by the world CBC, BBC, CNN to name a few.



5KM CHILDREN HELPING CHILDREN CHARITY RUN



It was a remarkable sight along the coast of Lake Ontario as runners and walkers clad in the signature GGSCF yellow shirts participated in charity run this past weekend. Over 150 participants and volunteers took part in this year's 5 km Children Helping Children Charity Run along the Mississauga Waterfront Trail in the town of Port Credit. It was the first charity run since the youth participated in Children's Run Across Canada in the summer of 2009. Many individuals were very eager to take part in their first event with the GGSCF and it was also very exciting to see many new faces who would like to continue to volunteer with the foundation. This year just over \$10,000 was collected to help sponsor less fortunate children. We would like to thank the volunteers and participants who made this event possible and to Scotiabank who sponsored the event.

As we completed the Children's Run Across Canada many had thought that we would elect not to continue with our annual runs which have always been the marquee event for the foundation since its inception. It was thought that the foundation would try a new direction to their annual summer event. Last year the volunteers decided not to organize a run in lieu of a children's fun day. This year, the youth decided that we should continue with the tradition of the annual run and it was truly the right decision in retrospective. It was a young female child who participated in her first event with the foundation that captured this point. We would assume that a child participating in her first run/walk event with the foundation would be more excited to partake in the run/walk than anything else. But she was joyful, smiling, and full of excitement when she presented her collected pledges to a volunteer. She was so proud that she had collected pledges totalling over \$100 that would go a long way in helping under privileged children around the world. This young girl drew the attention of the volunteer because it demonstrated "children helping children", the main principle of our foundation. Her excitement and passion to help less fortunate children was the exact reason why we decided to continue with our annual run this summer.

SENIORS TRIP: NIAGARA FALLS



On Saturday July 9th seniors from across Toronto took a day trip to Niagara Falls. The GGSCF has been organizing this trip for many years, but what made this trip different was that the seniors came from across the GTA. Two buses picked up seniors from Dixie Gurdwara, Mayfield Gurdwara, Malton Gurdwara, Rexdale Gurdwara and Scarborough Gurdwara. They headed to Brock Park where lunch was served, then it was off to the falls and then to the floral clock. This was followed with fruit/lassi and some entertainment in the forms of jokes and riddles and then the ladies did gidha. From there the group went to Guru Ravi Das Gurdwara for tea and pokaras before heading home after the long day. The seniors were grateful for the day out. The GGSCF volunteers would like to thank the seniors for spending the day with them and allowing some sewa to those who were like grandparents.

CANADA DAY PARADE

July 1st the GGSCF participated in the annual Canada Day Parade held in Scarborough. This year, the foundation members met up at Scarborough Town Centre to decorate the two vehicles that would be part of the parade. The parade started promptly at 4pm with members of the foundation, along with a local Sikh Bhangra team and Gathka group all of whom waved Canada flags along the parade route. The foundation also handed out candy and balloons to little kids that lined the road. All members of the foundation had a fun and highly enjoyable day.



KABADDI TOURNAMENTS COLLECTION



July 10th the GGSCF had a booth set up at the annual Can Sikh Kabaddi Tournament in Wildwood Park, Malton. The event ran over the course of the weekend with the Foundation serving langar to spectators and collecting change. The weekend proved to be successful with the Foundation collecting change donations close to \$3500.

Also on July 24th among the kabaddi and tug-of-war event, the GGSCF children collected change from the spectators. In total \$2300 was collected. The GGSCF were also presented with a plaque by the Brampton Sports Club for the humanitarian work that they do. The GGSCF would like to acknowledge the support of the Brampton Sports Club and Can-Sikh organization each year with this fund raising event which helps the children the foundations supports around the world in third world countries.

TIME FOR SOME FUN!

August 20th the annual Fun Day event was organized in coordination with the gurdwara picnic and soccer tournament and held at Bhagat Puran Singh Park at Scarborough Gurdwara. The fun day activities included an obstacle course, a bouncy castle, dunk tank and face painting. In addition, the foundation set up a booth to collect registration forms for this year's annual run. Over the course of the day, many children attended the fun day activities and enjoyed themselves. The total funds collected from the fun day totaled just over \$1000. A special thanks to all the volunteers who helped throughout the day.



INVISIBLE CHILDREN SCREENING



Invisible Children is non-profit organization which was created by 3 young youths who had an itch to discover the truth. Invisible Children now has evolved as an organization giving individuals a way to respond to the situation in Uganda where many innocent children have been and are being forcefully inducted into the war rebellion. Pavan organized a presentation by Invisible Children Roadies who travel educating people of the need in Uganda. On Oct 29th a documentary screening was held at the Mississauga City Hall by the GGSCF. This evening the volunteers got to meet roadies Gerri Lutaaya, Bryan Funk, Chelsey Echevarria, and Juliet who inspired and motivated the audience with personal stories in addition to the documentary. Overall the night was great! Truly inspirational! It was also an amazing opportunity to get to know these passionate human beings who showed us how much of a difference our commonalities and righteous passion can make.

MONTHLY MEETINGS

Saturday Aug 6th volunteers of the GGSCF met in the multi-purpose room at Scarborough Gurudwara for their monthly meeting. Ranbir started the meeting with a presentation regarding his trip to Navjivini School of Special Education. He spoke about how the children and teachers at the school are very genuine and thankful for the support they receive from the us. It was amazing to see the state of "Chardi Kala" in the children as they always had a smile on their face.



Following the presentation, Baba Seechwal from Punjab spoke about the state of our world from an environmental (ecosystem) perspective. He quoted from Gurbani that as Sikhs we aim for "Sarbat da bhalla" which includes all forms of life (not only human life but also animals and plants). Baba Seechwal is a sevadar who is highly involved in cleansing the water in Punjab by creating filtering and

sewage systems in many villages. Also, he and his volunteers cleaned the Bein Nadi at Sultanpur Lodhi where Guru Nanak mediated and bathed. He came and spoke to the volunteers and was very thankful that we are doing seva at such a young age, providing us a base which will allow us to grow into truthful human beings as we grow older.

PINGALWARA WALK

The members of the GGSCF participated in the Pingalwara Society of Ontario Charity Walk on Oct 8 in memory of Bhagat Puran Singh. The walk started from Chinguacousy Secondary School and finished at Professor's Lake in Brampton. The Pingalwara Society of Ontario was excited to see the youth participate.

G.S. UNITED 2011 SEASON



G.S. United had a wonderful summer season for 200 children from the end of May to the end of August. Volunteers help make the club possible and many of the young volunteers were thanked at a BBQ held on August, 2011. Each of the volunteers were also presented with a certificate and those with good attendance were given a movie gift card.

EDITORS - Sundeep Singh

In our first monthly meeting of the new year we had the opportunity to reflect upon the year that was 2011. It was a blessing to see the foundation accomplish many of their goals. Particularly, seeing Fauja Singh accomplish his dream of completing a marathon at the age of 100 was truly inspiring and unforgettable for many of our members. Additionally, seeing Balwinder Singh complete his walk across Canada and to raise awareness of drug abuse acted as a reminder of how the foundation endured in their run across Canada in 2009. Lastly, the revival of the annual summer run brought everyone together on a cool summer day with the purpose of helping the under privileged children around the world. Retrospectively, these moments in 2011 will forever be a reminder of the defining achievements in this calendar year. We are fortunate to have this opportunity to help others and be part of this organization. We hope with the guidance of Guru Ji we can continue to do seva. We hope to grow even more as a foundation and constantly striving to help others whichever way we can.

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