

Guru Gobind Singh Children's Foundation

Issue 12

April 2005

Hungry Moose Parade

By Nimratvir Kaur Bhangoo

On Thanksgiving Day, two buses full of GGSCF kids went to Downtown Toronto to participate in the Hungry Moose Parade. The Parade takes place on the Thanksgiving Monday every year and fundraises food and money for the Food Bank. Every participant from the GGSCF tried to take at least 5 cans to give to them. We walked for about 30 minutes in a fun parade,



which was full of GGSCF kids and other groups and organizations. GGSCF members dressed up as Barney and the Recycling Box. Many kids danced and sung along with the music. Others

walked behind or on top of the float. We finished the parade at the North York Harvest Food Bank where the kids helped unload the float which was full of food. Along the parade we had collected food from families who waited outside to give their donations to the Food Bank. Like every year the Bikers and the Nerds were also at the parade. The parade began at 11:00am and was over by 1:00pm. At the Food Bank the organizers thanked us for coming out and the GGSCF gave the Food Bank a check to help them with their collections.

Annual Guru Nanak Walk

By Rimpay Kaur Cheema

On October 17, 2004, youth gathered for the GGSCF 5th Annual Walk. They walked 16km from Hamilton Gurdwara to Burlington Gurdwara. Though the weather wasn't cooperating, everyone had fun walking together and meeting new people and of course, eating choley. "Even though it was



pretty cold outside, I loved it and I had a lot of fun," says Amritvir, a participant. Along the way, there was some difficulty following the route, and participants also had a quiz to complete along the route. Everyone eventually made it to Burlington Gurdwara, where thanks was given to the Gurdwara committee and

Kirtan was done. Also, our guest speaker, Navdeep Singh Bains, MP, arrived in time to do a speech, congratulating everyone for their efforts.

GGSCF 5th Anniversary Dinner

By Pardeep Kaur Sanghera

November 19, 2004 was one of the most memorable nights for the GGSCF. 2005 commemorated the 5th Anniversary for the GGSCF and a dinner was put together by Manpreet K. Jaswal and Harjot S. Bains. The purpose of this dinner was to celebrate the 5th anniversary of the GGSCF and to show everyone the accomplishments of the youth and volunteers since 1999. It was also to thank and acknowledge many individuals, media, sponsors, volunteers, and the youth who gave so much to make all these years possible. Throughout the night there were many things that happened. To name a few, there was the powerpoint presentation on the past five years

of the GGSCF. This presentation was great because it showed new comers the history of the foundation and when and how the foundation was formed. In addition to that, another presentation was shown on the child sponsorship program and the charities that we work with. During this presentation Manpreet Kaur explained how the program worked and what people could do to help. Also, sponsors of the dinner got awards and then we had a great gatka performance by the Yudh Gatka Akhara team. Following this, the board delivered a very motivational and important message to the guests that night. In their speech they talked about ways that everyone could help out and how important it was. From my point of view, Harjot Singh and Manpreet Kaur did a phenomenal job in organizing this event because everyone had fun that night and many people learned more about the foundation, and the food was amazing.



Homeless Shelter - Eye Opening Experience

By Aparna Aujla

My January visit to the Fred Victor Centre, was an eye opening and humbling experience. As a member of the GGSCF, I was more than willing to help out towards such a great cause. It gave me an opportunity to give back to my community and help make a difference in other peoples' lives. Not everyone is as fortunate as I am, we all have a lot to be grateful for. It was great experience!

I think the most important thing I learned from this was that it doesn't take a lot to put a smile on somebody's face and make a difference. The best part was that it was also fun and enjoyable. The patrons were all very friendly and easy to get along with. As I age, I hope to continue donating food to the Fred Victor Centre and other homeless shelters because the people there really look forward to our help. In the end, it's all worth it, knowing that you've helped others.

Homeless Shelter - Illusions Shattered

By Sophia Kaur Sahota

None of us knew what to expect- what would the people be like? Everyone has an image of a homeless person- the inebriated dirty person who could hurt you for the sake of some more alcohol. And everybody imagines the shelters the way they're portrayed in the movies. The cold places with flickering lights, grey walls, grey floors and dirty tables covered in graffiti. But going to the homeless shelter was one of the most rewarding experiences I have ever had. The place seemed to be a sanctuary for all the people that entered it. It provided a clean comfortable atmosphere for everyone to relax. Going to the homeless shelter shattered my image of what a shelter would be like, as well as what a homeless person would be like. It made us put our own lives in perspective and appreciate how lucky we are to have stable conditions in which to live.

Guru Nanak Food Drive

By Sophia and Mona Randhawa

The food drive was held from November 20th to the 28th, and it turned out to be a huge success! A lot of people participated: whether it was making posters, setting up the bins, or collecting the food, overall everyone had a lot of fun. On Sunday, December 5th, the volunteers left from Scarborough gurdwara around 11:00 and drove down to the other gurdwaras to put the food donations onto the truck. Even though we had a good group of peo-

ple, many others who had seen us picking up the food weren't shy to lend a helping hand - after all, there was A LOT of food to collect!! Everyone enjoyed themselves and made new friends along the way. In the end GGSCF went above their goal by collecting 10,066 pounds of food instead of 8000!



This year was the first time that my sister and I had participated in the GGSCF Food Drive, and we had a lot of fun! Not only did we make new friends, we also realized how much effort GGSCF puts into collecting all the food and money. It was easy to just make posters, and set up bins, but going around to the gurdwaras and organizing and collecting the food required the most energy. However we did have fun! There were times when we would start

cracking jokes, but everyone put in a lot of effort in collecting the donations. We were really surprised to see how all the different communities came together and donated tons of food. Inderpal had told us that our goal would be to collect 8000 pounds, however in the end when we were told that the total collected was 10066 pounds, we were really amazed! Hopefully my sister and I will be doing the food drive for next year as well!

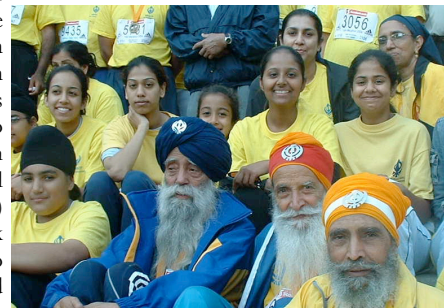
Scotiabank Waterfront Marathon

By Inderpal Kaur Wig

For the second year in a row, the GGSCF had the privilege of participating in the Scotiabank Toronto Waterfront Marathon, an international event, held here in our city on September 27th, 2004! This year, there were over 9000 runners at the marathon, and the GGSCF also had a strong presence as a charity and group - over 50 GGSCF runners of all ages in yellow GGSCF shirts participated in the marathon. The GGSCF also had a booth

where we gave out chawl/cholay to the hungry runners after they completed their run!

Also for the second year in a row, we had the privilege of being in the presence of Fauja Singh ji, a world record holder in the 90+ age category, and an inspiration to every person - young and old! He was definitely an inspiration to a lot of our own youth who actually ran the full (42kms), and half (21kms) marathon - not an easy task at all! Congratulations to everyone who completed this run whether it was 5Km or 42Km! In total, the GGSCF raised over \$4000 through this event. Get ready for 2005 Marathon coming up on September 25th, 2005!



Skating Fun Under The Stars

By Amee, Parmjit, and Ranvir

On Sunday, December 19th, 2004, members of the GGSCF attended a skating trip to Nathan Phillips Square. At around 5:00 pm, buses left the Gurdwaras and headed downtown. Originally, a lot of people had signed up to go but, because of the extreme cold and bone chilling temperatures of below -20 degrees Celsius, many didn't make it. However, despite the weather, we still had a great time! As soon as we got there, everyone jumped off the bus and headed straight for the rink. It was a lot of fun, and we think lots of people enjoyed it. We had to cut the trip short because the temperature got pretty out of hand- the "hot" chocolate had become semi-lukewarm- but the people filing onto the bus were reluctant to do so. Overall, we think the skating trip was fun and enjoyable and we definitely can't wait to go on the next one!

There was this lady who had just entered her house, and her husband greeted her at the door

"Oh hello, Dear. I've just come home from the Parlor"

"What's the matter? Weren't they open?" he replied.

Submitted by Amanjit Singh Dhillon

Smiling Starter - Smile For You!

Smiling is infectious; you catch it like the flu
When someone smiled at me today, I started smiling too

I passed around the corner and someone saw my grin

When he smiled I realized I'd passed it to him

I thought about that smile, then realized its worth,

A single smile, just like mine could travel around the earth

So, if you see a smile begin, don't leave it undetected

Lets start an epidemic, Quick!

and get the world Infected.

Submitted by Amaris Kaur Sahota

Inspiring Acronym

T.E.A.M.- Together Everyone Achieves More!

Sundeep Sandher won the leadership Award at the 0311 March Meeting because of his work on the Kirtan Darbar. During his lesson of the month, which was on cooperation, he came up with the above acronym which was found to be inspirational by all.

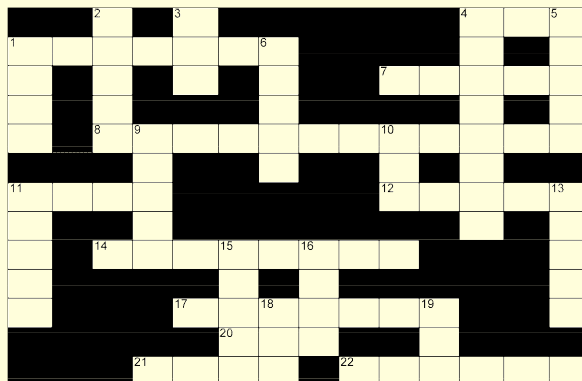
KIDZ KORNER

This is our newest section of the newsletter where children and youth can submit anything fun, interesting, and/or inspiring that they have put together or come across.

CHARITY CROSSWORD

Across:

- 1 - We climb it each year in April for WWF
- 4 - Another word for a center / focal point
- 7 - Kids play different ___ at the GGSCF's Fun Day in the Summer
- 8 - Where we started our run in 2004
- 11 - We take this to the Fred Victor Centre in the winter months
- 12 - Parents feel ___ when their kids do something good
- 14 - The newest charity that we use to sponsor kids in India
- 17 - Every year in winter, we go ___ at Nathan Phillips Square
- 20 - The shape of a rainbow
- 21 - A golf term - to send the ball gently into the hole
- 22 - Our 1999 run was from Toronto to _____



One day, Charlie rang the door bell to Larry's House.

"Hi Larry! I was just heading over to the zoo and I wondered, what time is feeding time?"

"Oh, its at one o'clock. If you hurry, you can still get a bite

Submitted by Jasjit Singh Dhillon

Down:

- 1 - Kids go to this in the summer to learn and to have fun
- 2 - A dirty spot on a piece of clothing
- 3 - A bird that stays up late all night
- 4 - Where we started our 2004 run on the 2nd day
- 5 - We always need to rent these to take us to our events
- 6 - The unique format of our run-a-thons
- 9 - We sponsor kids through 3 charities in this country
- 10 - The abbreviation for the first charity we ever used
- 11 - World record holder, _____ Singh ran for the GGSCF at the Scotiabank Marathon.
- 13 - We hold a Food _____ every year at Vaisakhi and at Guru Nanak Dev Ji's Gurdwarab
- 15 - Abbreviation for the charity we use in India which supports orphan girls
- 16 - Abbreviation for the charity we use in India which is a school for the physically challenged kids
- 18 - A painting is a form of ___
- 19 - To receive

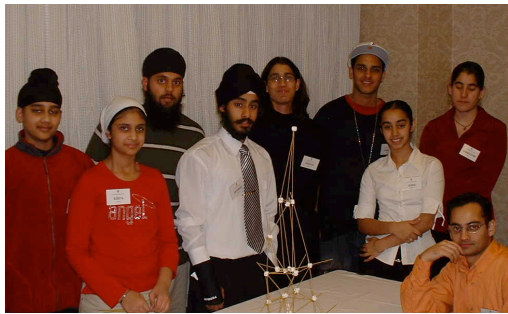
Building Bridges

By Kirpanoor Kaur Bachal

On December 27, 2004, approximately 50 children and youth of the GGSCF were invited to attend the 2005 Building Bridges session at the Sheraton Centre Toronto Hotel. It was a way of making connections with each other and learning about the GGSCF, leadership and teamwork skills and other such things- in other words - a way of building bridges. The day started with an inspiring speech from Paramjit Uncle about the vision and mission of the GGSCF, and was followed by Manpreet and Inderpal who told us about the organizational structure of the GGSCF, and the roles and responsibilities of the Council and the Board. We then had our first break where some explored the hotel and others had some snacks.

The day went on as we played charades to get to know each other better, had a brainstorming session about our plans and ideas for the GGSCF for the future years, and then had a great lunch of choley pathurey. After lunch we really got to the learning portion as Sidd held a session on goal settings, and defining personality types where we answered questions and found out what jobs would suit us best, and learned other things about ourselves that we might not have known before!

Our next session was about leaders and leadership where everyone contributed their thoughts and opinions about a leader's characteristics. We then got a chance to be creative as we got into teams and tried to make structures out of marshmallows and spaghetti! We had great fun, and made a lot of mess (which we cleaned up eventually!), and also learned about good teamwork and overcoming obstacles. The session was wrapped up after a question/answer session, evaluation, and some final thoughts from special guest, MP Navdeep Singh Bains. The council also announced the Board Changes for the year 2005 as



they thanked Bineesh Kaur Chadha and Inderpal Kaur Wig for stepping down from the board, and welcomed Kultar Singh Dhuck and Kimpreet Kaur Mann as the newest members.

In all, it was a great day of fun and learning combined, making it an unforgettable experience!

Tsunami Relief Efforts

By Avneet Kaur Jaswal

The Indian Ocean Tsunami that occurred on December 26, 2004 has been held accountable for the loss of over 140 000 lives. Although this catastrophic natural disaster took place half way around the world, it is one that has affected the lives of many all over the globe. Prior to this tragic natural tragedy, not many were familiar with the word tsunami. Tsunami is the word used to describe the sequence of massive sea waves that result from underwater earthquakes. During times of need, those that are able, commence to be the helping hand. In Toronto, many groups and individuals gathered their resources in order to help our brothers and sisters affected by the tsunami waves. The youth of GGSCF were not far behind. The youth put forth a commended effort to help raise funds to send with Red Cross for the Tsunami relief. It was very touching to see that even children as young as 7, many of whom were unaware of what Tsunami was, were eager to give a helping hand. In total, \$6125 was donated on behalf of the GGSCF to the Red Cross for the Tsunami Relief Efforts. It is the versatile spirit of the youth that make the community so proud. A pat on the back is well deserved!

GGSCF Board Changes

The new year brought in new faces and leadership into the world of GGSCF administration. As you may be aware, each year, the Council of the GGSCF changes one or more of Board members to make way for more of our capable youth to put forth their fresh ideas into developing the GGSCF.

This year, we are proud to say that two very commendable and hardworking were requested to and accepted to join the Board of Trustees of the GGSCF; Kultar Singh Dhuck, and Kimpreet Kaur Mann.



Kultar, who is currently working full time, started volunteering with the GGSCF in early 2004, and has since committed a huge portion of his time and dedication towards spreading the word about the GGSCF to his friends and family, and has contributed greatly towards the development of the GGSCF's 0302 Branch in Brampton.



Kimpreet who is just finishing first year of University, has been involved with the GGSCF since before its official launch, and has committed to the Foundation on various levels from participating in all events, to inspiring the youth and adults regularly with her thought provoking speeches and lessons at the monthly meetings, to being the Branch Administrator for the 0303 Branch, keeping impeccable records and proving to be a great help in managing the branch.

Stepping down from the board this year are Bineesh Kaur and Inderpal Kaur, both of whom have been involved with the GGSCF since the beginning, and have contributed to the development of the GGSCF to date on a large scale. Their involvement and dedication can not be summed up in enough words, and the only thing we can say is that we know both of these individuals will continue their work with the GGSCF in the coming years, if not more than before.

GGSCF Branch Changes

In March 2002, the GGSCF officially established its first branch, 0302 in Brampton. In the same year, two additional branches were officially established, allowing youth in the GTA to be able to get together with other kids in their local area. Establishing the branches, as our branch leaders will tell you, is not the simplest of jobs, and running them on a regular basis, is a whole other story! We had very credible and responsible youth who took on that initiative for each of the 3 branches, and did a tremendous job at making them successful over two years. But so they wouldn't have all the fun, their positions were passed on to new youth who have proven to be very dedicated and committed to the GGSCF and their respective branches.

We also added a new Branch position this year for Newsletter Representative at each branch to help us put this piece of art together on a regular and more frequent basis. The changes for the Branch representative positions are as follows:

Branch 0302: Chair -Mandeep Kaur Deol; Administrator - Aaronpal Singh Tambar; Coordinator - Gurleen Kaur Dhaliwal; Newsletter - Sharanpreet Kaur Kelley

Branch 0303: Chair - Mandeep Kaur Randhawa; Administrator - Jaspreet Kaur Flora; Coordinator - Jasdeep Singh Walia; Newsletter - Sumeet Kaur Shergill

Branch 0311: Chair - Kirpanoor Kaur Bachal; Administrator - Sunny Singh Sandher; Coordinator - Pardeep Kaur Sanghera; Newsletter - Jitinder Singh Bal

The GGSCF would like to extend a very special thanks to the Pioneer Branch reps who have not only done an excellent job at running their perspective branches but have also set very high standards to be followed for years to come, and we know they'll continue to commit to the future development of the branches and the GGSCF. These special individuals are:

Branch 0302: Amritvir Kaur, Bhangoo, Nimratvir Kaur Bhangoo and Rimpay Kaur Cheema

Branch 0303: Parminder Kaur Flora, Kimpreet Kaur Mann and Gagandeep Kaur Babra

Branch 0311: Amritvir Kaur Bhangoo, Panveer Singh Lachhar, and Taranpreet Kaur Billing

Your time and commitment to the GGSCF is truly remarkable! And we know you'll do a great job training the new branch "recruits"! Thank You!!

Tea Party - Cheers!!

By Sharanpreet Kaur Kelley

On January 9, 2005, at 12:00 pm there was a tea party held for parents at the 0302 branch. The parents visited the Sikh Heritage Center, where the meetings are held, and learned about the GGSCF's meetings.



When the parents arrived at the branch, they were offered tea, samosas and pakoras. They were also welcomed to look around the new branch site, which is beside the gurdwara. The day before, the children had decorated the new site with inspira-

tional posters, newsletters, flowers, and such.

Soon after having tea, the parents watched the slide show which was also prepared by the kids. The presentation showed everything that the GGSCF had done, what we are doing and plans for the future. It also talked about what the children were gaining by coming to the meetings, such as leadership skills, public speaking, etc. The parents also got to experience the thirty seconds around the room, where everyone talked for thirty seconds. Some talked about how proud they were and some found out about what the organization did during the meetings. Almost fifty people came including the gurdwara committee to find out what the organization was known for. Overall, everyone had a great time, and the parents are looking forward to what their children will be accomplishing during these meetings.

Child Sponsorship Update

By Manpreet Kaur Jaswal

The GGSCF has been making a profound difference in the lives of so many children all over the world. In 1999 we started off with 5 children and almost 6 years later we are now supporting 131 children. We currently help children through the following charities:

Foster Parents Plan (FPP): 56 children

World Vision (WV): 7 children

SOS Children's Villages (S.O.S): 5 children

Vocational Rehabilitation Training Center (VRTC): 36 children

Joti Saroop Kanya Asara Trust (JSKAT): 20 girls

Navjivni School & Special Education : 7 children

I wanted to take this opportunity to thank all of our GGSCF sponsors for making this possible. You may not realize this but by your monthly contributions you are putting food on the table, a roof over their heads, an education that will provide them a job later on in life, and most importantly a smile on their faces. It is magical to know that the volunteers, sponsors are continual support we get from everyone is making so many children happy. Thank you and lets hope and pray with Wahguru ji's support we will continue to increase our numbers as time passes by.

India Visit Update

By Harjot Singh Bains

During the winter break, my family and I had the good fortune of visiting children from the 3 charities the Foundation sponsors in India. The first charity we visited was Vocational Rehabilitation Centre in Ludhiana. We spent the afternoon with the children doing interviews, taking pictures, playing cricket and watching them perform their musical and singing talents.

The next charity we visited was Joti Saroop Kanya Asara Trust in Kharar. The girls all cation and had very despite their difficult charity we went to Patiala. The school mentally challenged over Punjab and children had recently participated in the Special Olympics in Punjab and were preparing for a musical concert for the local community. At the end of the trip, we had



visited was Joti Saroop Kanya Asara Trust in Kharar. The girls all cation and had very despite their difficult charity we went to Patiala. The school mentally challenged over Punjab and children had recently participated in the Special Olympics in Punjab and were preparing for a musical concert for the local community. At the end of the trip, we had

learned a great deal from the children we met. To us, it seemed that they had very little compared to our lifestyles here in Canada, but their spirits were not affected by it. The way the children shared, smiled and lived together reminded us of how we still have a long ways to go here in Canada. At the beginning of the trip, I felt like I was going there to give them things and to teach them, but I ended up taking more from and found myself wanting to learn from them. I recommend any of our youth that get the chance to go to India with their families to visit the children. We need to understand their ways and use the values they have to better our lives.

Women's Shelter Visit- Brampton

By Sahib Singh

On Saturday February 12, 2005, Rishi, Mandeep, Amritvir, Benjit and Sahib had an opportunity to visit and serve the women's shelter in Brampton. It was a pleasure to help out those in need and are less fortunate. We served chick peas, and rice and they seemed very grateful for the change in food that was provided by the GGSCF. It was a great opportunity and experience to help out others. It was nice to see everyone at the shelter enjoying the food that was provided. Everyone should take the opportunity to visit and volunteer at a shelter. It's a great experience.



GGSCF 2005 Kirtan Darbar

By Jitinder Singh Bal

On Saturday March 19th 2005, both children and adults came together and had a well organized Kirtan Darbar. The organizers of this event were Tajinder Kaur Sanghera and Sundeep Singh Sandher. The evening went well and now there is a request for more future Kirtan Darbars to be held. The turn-out was good and it was fun and enjoyable. The request of another Kirtan Darbar, for the youth, is high because there is over 100 kirtanic's, including khalsa school. Sundeep Singh Sandher did a phenomenal job organizing this event, he had everything under control and kept it going all the way to the end of the night. At the end of the evening when all was said and done things turned out as planned.

Editor's Note

By Kimpreet Kaur Mann

The youth of the GGSCF have been very busy organizing and participating in events. This newsletter is a little longer than the ones issued in the past, but we have tried our best to inform our supporters and newcomers to the GGSCF, of the wonderful work that is being done to help those who are less fortunate. I would like to commend all of the youth on their involvement and all parents on their support. With all the events occurring through the course of year, we have decided to issue our newsletter quarterly. We have also added more components, such as our charity crossword and the Kidz Korner section. With the help of our new newsletter representatives, it's our aim to get as many kids to contribute towards the newsletter as possible to keep providing those interested in the GGSCF with an informative and fun insight into the GGSCF through our newsletter.

I would like to encourage any youth interested in submitting an article, joke, story, or poem, to contact their local newsletter representative or contact us via email at mail@ggscf.com. We appreciate everyone's contribution for this month's issue as you've all done a great job! Thank you!

To everyone, if you're looking to get involved but don't know how - come visit us at our monthly meetings at any of the 3 branches, or keep visiting our website regularly to find out the latest events that are being organized!

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