

Guru Gobind Singh Children's Foundation

Issue 13

July 2005

A Reason To Give

By Sneh Duggal

It's not everyday that one receives the opportunity to perform an act of kindness towards another. This was the idea portrayed by the hard-working volunteers of the Daily Bread Food Bank.

On Thursday, March 18th, 2005, a group of individuals representing the GGSCF (Guru Gobind Singh Children's Foundation) attended a presentation made by the Daily Bread Food Bank. This meeting was called as a commencing ceremony for the Daily Bread Food Bank's annual spring food drive. The GGSCF has assisted the Daily Bread Food Bank for many years by holding a couple of food drives each year at the different Gurdwaras. These drives are held on a few of our most celebrated days, such as Vaisakhi and Guru Nanak Dev Ji's birthday.

Representatives from various associations and religious groups were present, all eager for another opportunity to assist those people in our community that need it most.

One of the most pressing issues discussed at the presentation was the necessity for ethnic and cultural foods. Canada, and especially Toronto is a society whose foundation is built on multiculturalism, and is often referred to as a 'cultural mosaic'. It is greatly populated by immigrants from countries spread all over the world. As these people migrate to Toronto, they are



often faced with the struggles that many of us experienced, including going through a severe culture shock. Many of them are not accustomed to the lifestyle, traditions, and food choices of the Canadian people. Therefore, to make the transition a little easier for those who may not have available funds for food or

the opportunity to integrate themselves with Western eating habits, it was requested that donations be made that included traditional foods from various cultures.

Towards the end, local media persons, including CTV, Global, and some local newspapers, interviewed representatives of the attending groups. Basic questions asked pertained towards the goals of each group or organization, our feelings about the food drive, and some information questions about the foundation.

This small presentation was a great way to commence the Spring Food Drive, as well as an eye-opener as to the difference a small can of food or a cup of rice can make; the cup of rice that is often accumulated on the dinner plates of many people, and ends up in the garbage. Many of us do not even blink an eye-lid or give a second thought when we throw food into the garbage. Whether it is the fact that we take it for granted that we will be fed, or are just oblivious to the needs of others, we all should consciously remember those that do not have the privileges that we have. It is a moral obligation for all of us to sit down and think of those that struggle to bring food onto the table, or a parent who cannot even provide basic needs of milk and bread to their hungry child. Next time any of us waste food, maybe we should ask ourselves, why we could not have taken less on our plate?

Coming from the background that we do, a value that has continuously been instilled in us is the outcome of hard work, and using it to acquire what we need. Many immigrants that come to Canada, especially from our culture and background are not even aware of facilities such as the Daily Bread Food Bank. Even if they are aware, being raised the way we have been, most of us will not ask for help from another. Therefore, it is essential that we firstly raise awareness in our surrounding communities, and secondly, donate our own cultural foods to food banks. Since the GGSCF is

involved in such worthy causes, we should all make the most of the opportunities that are being made available to us to help others. A lesson well learnt is that something small has the capacity of making a huge difference.

175 Climb The Tallest Structure In The World

By Jitinder Singh Bal

It was a rainy and cold day on Saturday April 23, but that didn't stop 175 runners from participating in the annual World Wildlife Fund (WWF) C.N. Tower stair climb. There were approximately 1750 steps with 150 flights of stairs. The participants made their way to the CN Tower from the Sikh



Heritage Center Brampton Gurdwara under the direction of Amritvir Kaur; from Dixie Gurdwara under the support of Pardeep Kaur, and from Scarborough Gurdwara with the help of Amee Kaur. Taranpreet Kaur the overall event organizer was thrilled at the great turnout. In total, the group gave the WWF a cheque for \$4500 that goes towards protecting endangered species.

Much fun was had by all as some ran up, others strolled up and some dragged themselves up the stairs. As usual snacks were enjoyed when everyone when they came

down. The awards were given as usual. 16 year old Paul Singh received the Matha Kishan Kaur Cup for being the fastest climber, he climbed the tower in 13 minutes and 14 seconds. The fastest boys under 18, were Sandeep Singh who climbed the tower in 14



minutes and 4 seconds, Manuv Gill who climbed in 15 minutes and 45 seconds, and Jaspreet Sahota who climbed in 17 minutes and 27 seconds. The fastest girls under 18 were Harjot Kaur who climbed in 23 minutes and 50 seconds, Ravnit Dosanjh whose time was 24 minutes and 32 seconds, and Japreet Dosanjh who climbed in 24 minutes and 53 seconds. The youngest boy was Mohipaul Dhillon who climbed the tower in 41 minutes and 11 seconds at the age of four, and the youngest girl was Asis Dhillon who climbed the tower in 41 minutes and 13 seconds at the age of five. Other accomplishments included a man of 64 years of age, Sadhu Singh Sidhu who defied the odds, and climbed in 17 minutes and 14 seconds. Also Balbir Kaur Flora who climbed in 49 minutes and 56 seconds at the age of 51. Although the ones above got awards the real winners were all those

who turned up and did not quit explained Member of Parliament Navdeep Singh Bains who came out to support the children.

GGSCF Participates At The Nagar Kirtan

By Sunny Singh Sandher

On Sunday, April 24, the Sikh community celebrated the 306th anniversary of the Khalsa. The celebration took part in the city of Toronto at the an-



nual Nagar Kirtan Parade. The services began with a kirtan at the Queen Elizabeth Building at Exhibition Place, the festival was followed by a procession that ended at Nathan Philips Square. Over 30,000 Sikhs across the province of Ontario participated in the procession and attended the celebration.

This year, the Guru Gobind Singh Children's Foundation took part in the event with the creation of a float. The Guru Gobind Singh Children's Foundation float symbolized and represented the foundation's principle of "children helping children." The float's artistic design included a beautiful painting of Guru Gobind Singh Ji at the beginning stages of the creation of the Khalsa. On the float, various youth gave out food and drinks to the sangat, while others participated in kirtan. Parents and youth continued

through the parade in doing kirtan and managing the distribution of food and drinks. The GGSCF float was well organized and managed. The float was created by the help of the Ontario Khalsa Darbar Sewadars and the youth of the Guru Gobind Singh Children's Foundation.

The Nagar Kirtan went as planned and ended at Nathan Phillip Square, where individuals could delight themselves to delicious food, drinks, kirtan, and those lovable politicians. The program included speeches by the honourable Prime Minister Paul Martin, the oppositions of Stephen Harper and New Democratic Party leader Jack Layton. The programme continued to the early stages of the evening and lead to a successful Nagar Kirtan. In all, it was an enjoyable Nagar Kirtan, whether you participated by walking, or by relaxing on the Guru Gobind Singh Children's Foundation float.

The GGSCF also participated in the Nagar Kirtan by once again holding the Annual Vaisakhi Food Drive for the Toronto Daily Bread Food Bank.

As always, we're thankful to everyone who brought non-perishable food items on the day of the Nagar Kirtan to support the GGSCF Food Drive, but more importantly, we're thankful to them for keeping in mind the less fortunate people of Toronto on the special occasion of Vaisakhi and in helping to defeat hunger! For those who missed the opportunity to donate food during the Vaisakhi Food Drive, another food drive will be held in November during Guru Nanak Dev Ji's Gurburab. More details to follow in our next newsletter or visit our website regularly for updates at www.ggscf.com.



Honouring Our Monthly Sponsors

By Gurnick Singh Perhar

On May 19th the GGSCF held a dinner at the HOST restaurant to honour the monthly contributors to the foundation for their commitment to the

Kid-a-Riddle

A person is driving in their car and they land in front of a hotel... they then become bankrupt....Why?"

Answer: They were playing monopoly.

There is a guy who lives in a one story house. Everything in his house is pink. The lamp is pink, the bed is pink, the television is pink, the computer is pink, the mirror is pink, the kitchen is pink, the windows are pink, even the plants are pink. What color are the stairs?

Answer: There are no stairs in a one story house

What did the toilet say to the other toilet?

Answer: You look a little flushed

Why were the little strawberries upset?

Answer: Because their parents were in a jam

KIDZ KORNER

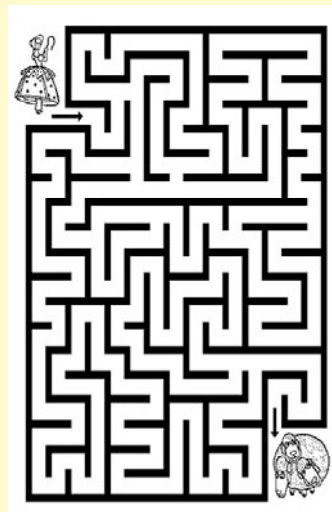
Kid-a-Search

Skating	Stair Climb	Camp	Dinner
Picnic	Scouts	Parade	Walk
Anniversary	Conference	Basketball	Sikh
Senior's Trip	Akhand Path	Baisakhi	Daily Bread
Marathon	Homeless		

T	A	C	O	N	F	E	R	E	N	C	E	N	E
A	D	I	N	N	E	R	S	T	A	D	E	O	R
S	E	N	I	O	R	S	T	R	I	P	C	A	I
A	K	M	B	A	I	S	A	K	H	I	H	N	P
K	D	A	Y	N	P	N	I	A	T	B	O	H	I
H	A	R	T	N	I	S	R	K	L	A	M	T	B
A	I	A	R	I	C	L	C	I	H	S	E	L	A
N	L	T	E	V	N	I	L	O	C	K	L	H	S
D	Y	H	R	E	I	G	I	R	U	E	E	C	K
P	B	O	N	R	C	A	M	P	U	T	S	A	T
A	R	N	O	S	Y	T	B	A	O	B	S	K	L
T	E	L	P	A	R	A	D	E	T	A	P	I	H
H	A	T	H	R	C	K	O	D	S	L	E	O	C
E	D	I	N	Y	S	I	K	W	A	L	K	R	U

Charity Crossword Answers from Newsletter 12

Across:	Down:
1 - CN Tower	1 - Camp
4 - Hub	2 - Stain
7 - Games	3 - Owl
8 - Niagara Falls	4 - Hamilton
11 - Food	5 - Buses
12 - Proud	6 - Relay
14 - Navjivni	9 - India
17 - Skating	10 - FPP
20 - Arc	11 - Fauja
21 - Putt	13 - Drive
22 - Ottawa	15 - JSKAT
	16 - VRTC
	18 - Art
	19 - Get



GGSCF since the foundation's inception in 1999. Youth from the GGSCF took the opportunity of this dinner to explain how the group's monthly contributions have helped the GGSCF grow over its lifetime and the impact they are having on the lives of those children sponsored through the GGSCF.



The youth went through the basics of the foundation and explained to the sponsors how the foundation operates and how the GGSCF sponsors children worldwide through a collection of charities both large and small. As the dinner drew to an end the donors were given an opportunity to share their ideas on how the GGSCF could continue to grow in the future and continue on their mission of relieving child poverty. Every sponsor was encouraged to participate in the brainstorming session and the ideas that were brought up were greatly appreciated. To show the GGSCF's appreciation to the unconditional commitment these individuals have given to the foundation, a small token of appreciation was awarded to the donors in the form of a plaque. The Foundation was also pleased to present a special award to Dr. Sodhi the founder of the Navjivni School of Special Education in India.



3rd Annual Basketball Tournament

By Jitinder Singh Bal

It was a nice day outside on May 15 2005, but all the action was inside Turner Fenton Secondary School. The Guru Gobind Singh Children's Foundation held its annual basketball tournament. Panveer Singh, Taranpreet Kaur, and Manpreet Kaur, the organizers of the event were pleased at the large turnout. The children had their time to play from 12 o'clock to 2 o'clock. Then it was all the other age groups playing; in the age group 13-15 team "Air India" took the championships. In the next age group from 16-18 the team "Good Fellas" won in dramatic fashion with a come back. Overall the event was successful and a lot of fun.



G.S. United Soccer Kicks Off Another Season!

By Sandeep Shako

The G.S. United Youth Soccer Club has begun its 2005 soccer season, bigger and better than ever before. This year the Club is excited to announce that they have registered more than 300 players to date. Compare this to just five years ago, when there were only 50 players registered! Clearly the Club is growing, and with the support of the coaches, volunteers, players and parents we can easily achieve our future goal to compete at the provincial level. In other news, the Soccer Club has once again donated funds to the GGSCF to sponsor five children. This is an annual event, and the G.S.

United Youth Soccer Club's Executive Committee feel that this is a great way to make a positive contribution to helping other youth outside of our community, and to show the players of the G.S. United Soccer Club just how fortunate they are.

Finally, we would like to wish all of the G.S. United soccer players and their families a fun and safe soccer summer! The G.S. United Youth Soccer Club's website has all of the latest news and updates on the 2005 Soccer Season, and you can log on at www.gsunited.ca to check it out!

For detailed information and questions please contact Sandeep Shako, Public Relations Co-ordinator, at sandeep@gsunited.ca, or via the Hotline at (416) 715-2280



Funny Bones Prevail At Branch 0302

By Sharanpreet Kaur Kelley

Each month at the Branch meetings, Motivation and Humorous Awards are given out to individuals who during their 30 seconds either motivate the youth by inspiring us, or make us laugh by telling jokes or stories, or just being themselves. Well, Branch 0302 likes to be inspired of course, but we love to be entertained, and it's probably because our youth does an excellent job of being funny! So much so that we can't pick just one person to give an award to and sometimes end up giving out 2 or as you can see in the picture - 3 Humorous awards at the SAME meeting! Aaron, Brandon and Ashley (Left to right) couldn't be beat at this meeting! Keep it up you guys - after all - the doctors have said - "Laughter is the best medicine!" And our inspirational leaders are never far behind either, just like Amritvir who is always motivating us with her inspirational thoughts, lessons and speeches. Come check out the fun and lessons yourself by coming to our next meeting!



Sound Of Music At Branch 0303

By Sumeet Kaur Shergill

In the past two months, the monthly meetings at Branch 0303, Scarborough Gurudwara have been extremely interactive. As new members join the GGSCF, we expand into a bigger group and become even more socially active. The GGSCF monthly meetings have brought vibrant, new fresh ideas and themes that have not been covered before. For example, we had a song, sung by Sophia Sahota, Colors of The Wind, to remind us of the many gifts life gives to us, and it is us who should be thankful of them. It was a new way for Sophia to teach us the lesson of the month and we continue to seek innovative and original ideas. One aspect of the GGSCF that has been growing is its younger youth. The kids of GGSCF are much more interactive than they have ever been. They continually take on roles



and jobs that may even be challenging to them however they still have the courage to stand up and come forth. As time goes on, I look forward to seeing the youth of GGSCF prosper and grow. These last two months have been very fun! Keep up the good work!

Progress at Branch 0311

By Jitinder Singh Bal

Branch 0311 at Dixie Gurdwara has made a pretty significant increase in monthly meeting attendance. New people have stepped up to the challenge



and shown real interest in what the foundation is doing and where the foundation is headed. Even people from outside the country have decided to pay Branch 0311 a visit. This past meeting a girl from India came in and participated along side her cousin. In the last few months some of our youth who have taken the responsibility of chairperson for the meeting, found it was hard yet rewarding. The branch has been very successful and is now trying to use a "bring a friend" rule to increase turnout.

Knight's Table In Brampton

By Mandeep Kaur Deol

On May 29, 2005 members of GGSCF helped out at the Knight's Table homeless shelter in Brampton. It was our first visit at the Knight's Table's new location and definitely not our last. Everyone at the shelter was very pleased with the Indian food and greatly appreciated the change from their every day sandwiches. One of the many heart-warming moments was when two little brothers about 5 and 6 years old came up to us and said 'Thank you for the delicious food and really good ice cream'.



Moments like these make all the effort worth it. The Knight's Table is a very important part of Brampton because it helps many unfortunate individuals who need food. There are families with six kids, parents with no jobs, who worry every day about what they are going to eat tomorrow.

With your help we can help these families and individuals. If anyone is interested in helping out at the Knight's Table please contact mandeep@ggscf.com. The above picture shows all the volunteers, from left Brinder, Opneet, Karen, Renu, Mandeep, Harveen, Rishi, and Davin. And we cannot forget the camera man, Paramjit uncle. Thank you to all for helping out!!!

Upcoming Events

By Inderpal Kaur Wig

Summer is here in full swing, and GGSCF kids and youth are back to doing what they do best.. GETTING INVOLVED! Like every summer, this one too, I can assure you, will be an exciting one, and packed of events to make sure you have something to do! Here is a list of some of our main events currently planned for the summer:

July 9th - Annual Senior's Trip - The ever popular and always in demand, the Annual Senior's Trip will be held on July 9th, where anyone who is 60 and over can enjoy a day of summer at a popular destination. This year the trip will be once again to the beautiful Niagara Falls. Buses will leave from Scarborough, Brampton (North), Rexdale and Dixie Gurdwaras. To find out more on how you can get involved, contact us via email or phone.

July 10th - CanSikh Tournament Change Collection - Every year for the past few years, CanSikh Tournament Organizers have been kind enough to allow us to collect loose change at the Tournament from the spectators to go towards our cause - as we all know - little change can really add up!

August 8th to 12th - Brampton Children's Camp - GGSCF youth will be helping to organize and facilitate the Brampton Children's Camp at the Sikh Heritage Centre in August.

August 20th - GGSCF 6th Annual Run-a-thon - Our trademark event is back this year, and will be held on August 20th along the waterfront trail in Port Credit Mississauga

August 27th - Annual Fun Day - Join us again for another day of fun, and games for kids and adults of all ages!

September 25th - Scotiabank Toronto Waterfront Marathon - Join world record holder, Fauja Singh and the GGSCF at this international event along the streets and Lakeshore of Toronto and get fit and inspired

These are only the events that are planned to date, so be sure to visit the GGSCF website regularly at www.ggscf.com for other events as they are planned to find out more information and how to get involved!

2004 Financial Statement

The 2004 Financial Statement for the GGSCF is now available online on the GGSCF website for those who are interested in finding out more details on the GGSCF finances. Should you have any questions, you can always contact us via phone or email as well.

Dr. E. M. Johnson - A Great Loss

On June 7th, 2005 DR. E.M. Johnson founder and director of the Vocational Rehabilitation Training Center in Ludhiana passed away. DR. E.M. Johnson was a great man who sacrificed his entire life for social service. The GGSCF sends its condolences and sympathies to the family and friends of DR. E.M. Johnson. Mrs. Sara Johnson who has sacrificed and dedicated her life with the Founder Director Late Dr.E.M.Johnson over the last 35 years and who also has vast experiences in the areas of Social Work, Rehabilitation and Education, will be made the Executive Director of the Vocational Rehabilitation Training Center effective June 13th 2005.

Editor's Note

By Kimpreet Kaur Mann

Over the course of the past few months, the youth of the GGSCF have had the opportunity to organize and participate in new events, such as the trip to the Knights table homeless shelter. If you are interested in planning or organizing event please visit the GGSCF website www.ggscf.com to find the event proposal form. I would also like to point out a correction to the April 2005 Newsletter; Arpana Aujla contributed an article entitled 'Homeless Shelter - Eye opening Experience'. A spelling mistake was made with respect to her name, The GGSCF Newsletter regrets this error.

Guru Gobind Singh Children's Foundation
905 Middlefield Road, Toronto, Ontario, Canada M1V 4X1
Tel: 905-201-0755 Toll Free 1-800-684-0048
website: www.ggscf.com email: mail@ggscf.com