

Guru Gobind Singh Children's Foundation

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RACE AGAINST RACISM

Gurleen Kaur Dhaliwal

Racism, and hate remain too prominent in our everyday life. On Saturday June 11th, the 6th annual Race Against Racism was held at Gage Park. 6 years ago the race had started with only 200 participants at the Peel Police headquarters, but over the past 5 years the people outgrew the headquarters and moved to Gage Park where more than 1000 people participated. There were people as young as 5 and as old as 75 who ran, jogged or walked the Race Against Racism.



Our seniors were also there from Senior International Sikh Organization who all participated in the Race. People were so proud to see the seniors taking part and appreciated that they came. There was food to eat, music to enjoy, swings to play on, and people to meet. Our GGSCF was there with more than 200 participants who had a great time. Amanpreet said, "I came here twice before and I will come again next year!" Overall I think the race was worth attending!

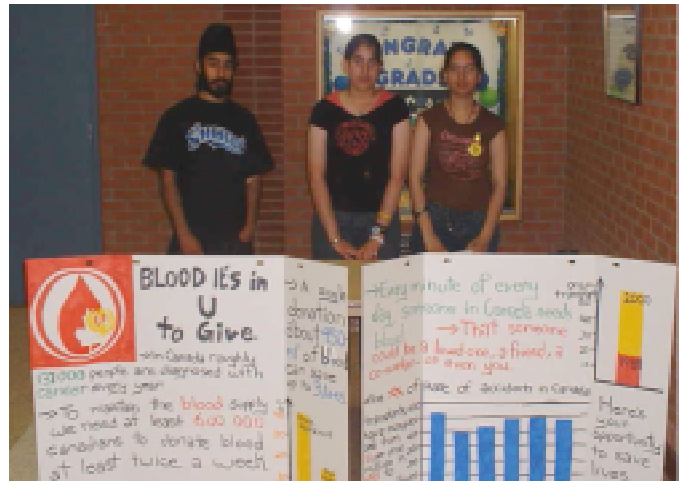
YOUTH DEBATE

Sumeet Kaur Shergill

On Saturday, June 11th 2005, the GGSCF had a Youth Debate concerning the issue of same sex marriages. The motion was set for 'Should Canadian Sikh support same sex marriages?' Our two teams researched incredibly hard for many weeks, constructing their points and counter arguments. Both teams presented their arguments very well and with much confidence. We generated much participation from the total of 37 people taking part. The audience consisted of youth and adults, and we managed to keep the debate exciting and interesting for all. The debate brought out many great points, both for and against the motion. Everyone delved into their thoughts and was not afraid to voice them. The debate was kept alive and everyone did a great job. The team leaders were Paul, Sophia, Japteg, Jaspreet, Dev and Simi. They did a fabulous job gathering research, presenting and challenging one another. A special thanks is also awarded to Parminder Flora, without whom this debate never would have been started. You did a fantastic job being the debate facilitator and coordinating the event. Another special thanks also goes to Jas Walia, who made sure all team leaders were on the same page and had enough information to present and feel confident. The debate left many of us with a strong feeling of encouragement and confidence, knowing that we faced and civilly talked about an issue that is very controversial in our community. I would like to thank everyone who took the time to come out and learn about this topic. We are anticipating more debates for the future and hopefully generate a bigger turnout every time. Good job guys!

GIVING BACK TO THE COMMUNITY

Amritvir Kaur Bhangoo



On June 24, 2005, the GGSCF in collaboration with the Sikh Angel Foundation with the help of the Red Cross organized the Blood Donor Fletcher's Creek Public School. The clinic had a turnout of over 40 people that came to donate blood. With 20 volunteers, the clinic was mildly busy throughout the day. The donors were presented with 1984 buttons after they donated blood and were also asked to sign a poster saying 'Thank-You'. This clinic was held in honour of the 1984 victims and two motivational movies were shown in their honour. Overall, the event was a success and an amazing experience.

CANADA DAY PARADE

Sophia Kaur Randhawa

Once again on July 1st 2005, GGSCF participated in the Canada Day Parade. 25 children, youth and adults from the Foundation, dressed in bright yellow GGSCF shirts, walked from Scarborough City Centre to Thompson Park with many other proud Canadians. GGSCF volunteers handed out balloons and candy to young ones who came out to celebrate. Two special volunteers dressed up (Mandeep as the rabbit and Jastej as the chipmunk) and happily walked with the GGSCF crowd. The two also gave young kids hugs and took a few pictures as well. Another excitement in our half was the dhol player Jasraj, everyone at the parade enjoyed his dhol skills and he was very energetic throughout the whole parade. We would like to thank the organizers for this event for coordinating all the efforts for the parade so we could be a part of it! Thank you!!



CAN SIKH TOURNAMENT – “CHING-CHING”

Pavandeep Singh Billing



On July 10, 2005, the Guru Gobind Singh Children's Foundation held a change collection booth at Wildwood Park in Malton at the CanSikh Tournament. There were many tournaments taking place on that day, for instance there were soccer, basketball and kabaddi tournaments as well as a Seep tournament, which is a traditional Punjabi card game. At the this event the Foundation was giving out free food, and received many compliments, not only about the food, but about the tremendous work we do within the community and people were shocked to hear that children were collecting for other children in third world countries who don't have the same freedoms as we do here. With this in mind people were generously giving us bagfuls of change which eventually gave us a grand total of \$4,800 this was remarkably a very successful event as we spread awareness throughout the community and at the same time were able to raise funds for children. Overall this event, was full of fun, food and as some would say “too much excitement”.

Editors note: The GGSCF would like to give a special thanks to Hardeep Singh for the outstanding job he did collecting money at this event. He single handedly collected most of the money that was raised that day. Thanks for all your support, keep up the good work.

SENIORS TAKE OVER NIAGARA FALLS

Nimrat Kaur Bhangoo

On July 10, 2005, the young ones took the elders to another successful trip to the ever-popular summer destination of Niagara Falls! Three busloads of seniors left to go to Niagara Falls accompanied by 20 volunteers. As always, it was more than just an outing, as we learned from the seniors as they told stories about the gurus and we all enjoyed the colorful Punjabi culture as the women did gidha. At the end of the day, seniors were given prizes as well based on their participation and involvement during the trip. It was another year of the mixing of the generations – something we could all probably use more of on a regular basis to get to know each other.



Hats off to the young organizers Amanjit and Jasjit Singh Dhillon, along with all other volunteers who've made this a successful annual tradition of getting together with the seniors for a summer treat! Like every year, Amanjit and Jasjit also organized and worked hard at the Car Wash at Scarborough Gurdwara to raise money for the Annual Senior's Trip – I think we can all learn a lot from these two special individuals who commit to this every year! Thank you guys and you know that everyone's looking forward to the next year's trip already!

Kid-a-Riddle



- Q: Why did the scientist install a knocker on his door?
A: He wanted to win the No-bell prize.
- Q: What do you do when your chair breaks?
A: Call a Chairman.
- Q: What kind of car does Luke Skywalker drive?
A: A Toy-yoda.
- Q: Why did the boy blush when he opened the fridge?
A: He saw the salad dressing!
- Q: What is black and white and pink all over?
A: An embarrassed zebra
- Q: What did the woman wear a helmet to the dinner table?
A: She was on a crash diet ☺

KIDZ KORNER

Sudoku

Fill in the grid so that every row, every column, and every box contains the digits 1 through 9. There's no math involved. You solve the puzzle with reasoning and logic. It's fun, it's challenging, and it's addictive! Solving time can take anywhere from 10 to 60 minutes, depending on your skill, experience, and a little luck.

	1	2	3	4	5	6	7	8	9
A			6				2		
B		4		2		6		9	
C	1			9	3	4			6
D		9	8					1	
E					7				
F		6					4	3	
G	3			1	2	9			8
H		7		8		3		5	
I			9				3		

Kid-a-lusion

Is this a Sax Player or Woman?



Do you see a vase or two people?



If you have something fun or interesting to share, please send it to us at mail@ggscf.com

ANNUAL RUN – RUNNING YOUR OWN DISTANCE!

Gagandeep Singh Sanghera

On Saturday August 20th 2005, the Guru Gobind Singh Children's Foundation once again, held their annual run. It started from Byngmount Beach Public School (near Cawthra and Lakeshore) and went along the Waterfront Trail in Mississauga (Port Credit). For the youth there were three different courses to run. There was the 2.5 K, 5K and then the 10K. The children/youth picked one of three courses to run. There were about 150 participants who took part in this event and a bit over \$15000 was raised through pledges.



In the beginning Harjot Singh, welcomed everyone and told all the children/youth about the rules. Then the board made addressed the children. This was very touching. The address focused on the dream of the foundation. It looked at how things in life may change or within the foundation for eg: children will get older, we will get new members and so on but there will always be one thing that will always remain the same, and that is our vision. The address discussed how we have grown so much in such little time. We started off by sponsoring 5 children and currently are sponsoring 140 children. After we went outside and did some warm ups, we started running. I loved the route we ran on because there were so many things to see. My favorite part was running along the lake. Along the way there were water stations as well. When we got back to the school we had a wonderful lunch. The organizers and parent volunteers did an excellent job of bringing in such an amazing lunch. The weather was beautiful and there were also various types of media coverage.

Overall, I had a great time. I always have a great time at GGSCF events, because not only do I get to give back to the community through events such as CN Tower climb for WWF or Hungry Moose Parade but also when taking part in events like this I feel good because I know I'm helping one of my sisters or brothers somewhere out there in the world in one way or another and am putting a smile on their face which motivates me to do more because I like to see everyone be happy.

I also want to thank the organizers for putting such a great event together and am looking forward to more GGSCF events in the upcoming future.

BRANCH 0302'S SUMMER CAMP SUCCESS!!

Gurleen Kaur Dhaliwal

Although the children and youth of the GGSCF have always been keen on helping out at the local summer camps that are organized by the various Gurdwaras, the GGSCF had the chance to organize their own first ever camp at Sikh Heritage Gurdawara from August 8-12! There was a great turn out at the camp making it very enjoyable. Children from ages 6-12 attended the camp and were taught kirtan, gatra, path and much more. There were volunteers from age 13 and up making sure their groups got to each activity on time, had fun and behaved at the same time! The camp however could not have been successful without the parents' support. They donated and helped

make the food, told stories about the gurus, helped kids learn path and made sure that the kids had fun. A special thanks goes to Nimrat who worked very hard with the gurdawara community to make this camp possible and successful. The kids had lots of fun and said, "I would love to come again next year!"

We would also like to thank the Sikh Heritage Centre for their continued support of the Foundation and their encouragement that enabled us to hold this camp at the Gurdwara!

A DAY FULL OF FUN FUN FUN!!

Manjinder Singh Dhillon

Each year the Foundation has its annual fun day. This year it was held on August 27th at Bhagat Puran Singh Park. The day started out with everyone running around busily trying to get everything together. Once everything was set up, the fun began. All the people that attended, kids and the kids at heart, all had a great time. The turnout was great, and there were about 400 people who did show up to enjoy all the different activities planned for the day. Even throughout the unpredictable Toronto weather and the rain did not stop the people from coming to have fun. All the kids enjoyed the many attractions from the horse and pony rides to the food. Out of everything at the Fun Day, I enjoyed seeing the smiles on little kids as they ran around enjoying themselves. I enjoyed taking the lead role in organizing this event. Fun day being my first time organizing a large event on my own was scary at first but having help from many people it was very easy and I enjoyed it. All the people who helped out the day of the fun day with the attractions I'd like to thank you guys as well for sticking with the game you were appointed to even through the rain and all the confusion.

Next year I'd like to organize the fun day again and have bigger and better attractions and games, and more good food – because the key word is FUN! Thanks to everyone who helped out and I look forward to organizing another event in the soon future.

The GGSCF would also like to thank Manjinder for all his efforts and initiative in organizing this Fun Day, which really was a great success!



BRANCH 0302 LETS IN THE AIR

Sharanpreet Kaur Kelley

On Sunday September 11, 2005, Branch 0302 held at the Sikh Heritage Center added some air to the regular meeting, to enjoy the last bit of the Toronto summer! We had an informal meeting outdoors to enjoy the weather. As usual, many topics were discussed such as the upcoming events, about believing in yourself and guidance. Everyone enjoyed themselves and it was a great day overall – looking forward to our next meeting on October 9th, 2005 – Join us for another interesting session of thoughts and discussion!

BRANCH 0303 – A FUN SUMMER!

Sumeet Kaur Shergill

Branch 0303 has held great events over the past 3 months. We kicked off the summer with the big Canada Parade and we ended it with the very popular Annual Fun Day. This summer has definitely been busy for Branch 0303 but all around everyone gave in 100% effort in helping with events. As a reminder, the younger youth are encouraged to get involved with the events. No event is too big or too small for you to help out with. I would like to say thank you to all of the organizers for each event we had this summer, as they would not have been as successful without you. I would also like to thank all the volunteers who helped out with events. I am sure the organizers appreciated your help and hard work. The GGSCF has worked hard this summer and as we all know, hard work pays off. We encourage everyone to stay involved with the events and that you don't have to be completely in charge of an event to be helping out. Something as little as handing out flyers or making posters helps a lot. In conclusion Branch 0303 put out great effort this summer, along with the other branches, and made every event enjoying and memorable. Thanks!

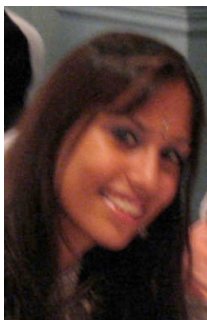
BRANCH 0311 – FLYING THROUGH!

Jitinder Singh Bal

Branch 0311 has been going well at Dixie Gurudwara. It's moving fast and looks like there is no chance of slowing the branch down! Last month's meeting was quite exciting, taking place a week before the Annual GGSCF Run. A lot of ideas were going back and forth, and everyone who was present had a contribution to make – whether they were 5 or 45! We're also very happy that we have had additional youth join the branch meetings on a regular basis over the last few months, and they have contributed and have been welcomed by the branch with open arms! We have big plans for them, and we hope to keep this up and keep the branch growing.

SIGNING OFF

Sumeet Kaur Shergill



For those who know me and for those who don't, my name is Simi and I've been with GGSCF as a volunteer for the past year and half. I can honestly say, this was the best commitment I've ever made. It has been enriching and mind blowing, knowing that we can help so many people all across the world, from one portable sitting at Scarborough Gurudwara. Recently, I got involved with the GGSCF newsletter because it was a task that I knew would definitely allow me to get to know the rest of GGSCF as a group but also find out a lot more about the different events. Through the newsletter I got to talk to those who had been going to other events and was able to understand the experience through their articles. However, I am starting a fresh new year at the University of Toronto - and won't be able to commit to the newsletter as much as before, so we will be looking for a newsletter rep for Branch 0303.

I will definitely have the memories of being a newsletter rep. I had the most fun asking people to write articles and it was great to see their reactions. I realize that some people may be shy at writing articles or some think they won't write well enough – but that's the best part of the GGSCF Newsletter, that it belongs to the children and youth - articles or any of the other items like the jokes and riddles are never judged – only enjoyed! Writers are only asked to talk about their experiences, or submit something interesting for the Kidz Korney, and that's why whether you're 5 or 25 or in the middle – you can contribute to the newsletter! What I will always remember about my

position as Newsletter rep is that it allowed me to be more social with the charity, which definitely allows myself as an individual to learn more and volunteer more.

There were lots of good times, but we all know good times are accompanied by bad times. I wanted to pull my hair out when I thought I wouldn't make the deadlines. This happens when the articles aren't in on time, or when I completely ask some people last minute. My advice to the next Newsletter rep is to stay ahead of schedule. It's always better to be early than to be late :)

I am looking forward to helping the next Newsletter rep. I will be available if you ever need any help or need to run down some writers or if you need any ideas on whom you should ask to write you an article. I guess the best advice I can really give is to be on your feet and never be afraid to voice your ideas to the rest of the newsletter editors; they are very understanding and down-to-earth. Have fun! :)

UPCOMING EVENTS

Inderpal Kaur Wig

Annual Guru Nanak Walk - October 8th - Enjoy the true colors of fall over a beautiful and scenic walk with your friends and family at Ancaster Waterfalls on October 8th!

Annual Hungry Moose Parade - October 10th - Join GGSCF in helping the North York Harvest start the 2005 Fall Food Drive with their 7th annual "Hungry Moose" Parade on Thanksgiving Day!

Punjabi Idol Showcases 1, 2 and 3!

The Punjabi Idol Show will be held on January 15, 2006 to raise money for the GGSCF, and to get ready, Punjabi Idol will be holding 3 showcases in the month of October. For additional details on how to get involved, and/or audition, please visit www.punjabiidol.com.

4th Annual Guru Nanak Food Drive

To honor the teachings of our first Guru, the GGSCF has recently made it a tradition to invite everyone over the week of Guru Nanak Dev Ji's Gurpurab, to contribute to the Toronto Daily Bread Food Bank with non-perishable food items so that we can all share our good fortune with those that are less fortunate.

Skating Trip

Although still to be confirmed, keep an eye out for our ever popular, bone chilling, but always fun and exciting skating trip in December!

For registration forms and/or information on any of the above listed events, please visit our website at www.ggscf.com or contact us directly via phone or email!

EDITOR

Kimpreet Kaur Mann

The Fun day was a great way to end off the summer, but just because its back to school time it doesn't mean the fun is over. Check out all our upcoming events with your entire family! We also encourage all the children and youth to get involved, not just by participating, but also by organizing your own events – whatever it may be! Just fill out the proposal form available on our website, and we will help you with whatever you need to make it happen as long as it falls within the vision of the GGSCF! Please also contact us if you are interested in the Newsletter Rep position for Branch 0303

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