

Guru Gobind Singh Children's Foundation

Issue 15

January 2006

HAPPY NEW YEAR - 2006

From all of us

To all the GGSCF children, youth, parents, volunteers, supporters and everyone else, we wish you a very Happy New Year to you and your loved ones. We hope you have a successful year full of joy and happiness, and find a moment to share a part of it with those who need it most - whether it's through the GGSCF, another charity of your choice or directly yourself in one way or another. There's a lot of help needed around the world, and if we all do even a little bit, it will definitely go a long way either by feeding an empty stomach, clothing a bare body, or sheltering a homeless family! So, here's wishing everyone a very prosperous, happy, and healthy New Year - and the opportunity to share it with the world!

SCOTIABANK WATERFRONT MARATHON

By Inderpal Kaur Wig

For the third year in a row, the GGSCF participated in the Annual Scotiabank Waterfront Marathon, which is an international event that draws participants from all around the world - and as much as 9000 runners take part on an annual basis! This marathon also provides various charities an opportunity to raise funds and awareness for their charity - thus GGSCF also takes part on a regular basis, because although we may not raise a lot of money from this event, we certainly draw a lot of attention to the GGSCF with our bright yellow shirts, and the free food stall at the main event where we give out rice and choley to everyone.



We had about 30 runners with us this year from the GGSCF, and the support of 15 very motivating adults as well as seniors from the group, SIE (Sikhs In England) that travelled across the Atlantic to join us for this event. Although Fauja Singh Ji could not attend this year because of his family commitments, we were very proud and honored to have the SIE share this event with us. GGSCF raised just under \$300 through this event, but as I mentioned, our main aim with this event is to raise awareness in the main stream community - although, it certainly would be motivating if more of our own community also showed up either as participants or as supporters to really show that we are all one!

GGSCF would also like to thank Balraj Singh Dhillon, Sarabhjeet and Saranpal Singh Panesar and their team members for performing with their dhols at a station on the marathon route - they received great praise from all the runners who enjoyed their entertainment!

GET TO KNOW US...

There are a lot of children, youth and various individuals involved with the GGSCF that contribute a great deal to it's day to day functioning, but you may not know them all - so that's where we come in! In this new section, we will profile different children and youth that work hard for the GGSCF - and to start it off - here are the youth that are "officially" (or legally if you prefer) responsible for the GGSCF- The Board.



Tajinder Kaur Sanghera is the longest surviving member of the board since December 2002. She is a fourth year student at York University finishing her Honors and will then be going to the US to complete her studies and eventually pursue a career in teaching. Tajinder has been an active member of the GGSCF for many years, and it was her enthusiasm and energy, combined with her dedication to growing the GGSCF that caught the eyes of the council when they appointed her in December 2002. She is currently in charge of the administrative aspects of the foundation. Tajinder is always positive and willing to take the extra step in helping out where ever she can. She has been a source of motivation to other younger board members as well as the youth especially at her home branch 0311 located at Dixie Gurdwara. Keep up your great spirit Tajinder!!

A WALK TO REMEMBER

By Navjot Brar



On October 8, 2005 over 130 people participated in this year's annual Guru Nanak Walk, which took place at the beautiful location of Ancaster Falls. This event, organized by Kultar Singh and many dedicated volunteers was pursued with a high degree of success as it didn't exercise only the body, but also the mind by educating those who attended, on the ten sacred Gurus of the Sikh religion through the very informative posters attached to trees in the course of the pathway. In addition, nothing was more rewarding than viewing the gorgeous waterfalls and nature in its preserved state. Some people in fact, received free flowers made of tissue paper that the bus driver generously made. Concluding with a picnic consisting of delicious food, this event was considered to be very enjoyable yet educational. In fact, many others cannot wait for next years annual Guru Nanak Walk as this walk was definitely "a walk to remember."

GET TO KNOW US...



Gurjit Kaur Flora is a 19 year old student at York University in the history program, and has been a board member since April 2004. She has 3 sisters and her hobbies are to paint and draw in her spare time. Gurjit has been involved with the GGSCF prior to its establishment, with the youth group at Scarborough Gurdwara. She has volunteered her time to the GGSCF and its cause because she has always wanted to help people around the world. Gurjit is an excellent team player and always puts the foundation's well being ahead of any personal achievements. Gurjit has been involved in organizing many events and her work speaks for itself and has not gone unnoticed!

ADDITIONS TO THE NEWSLETTER TEAM

By Inderpal Kaur Wig

In the last issue we announced that Sumeet Kaur Shergill, the newsletter rep for Branch 0303 was stepping down due to her education commitments. Well, because we were missing such a key player in our team, we had to go "rep-hunting" right away to make sure we found the right person to fill in Sumeet's shoes. Well, it was tough, but we know we found the right person to represent branch 0303 on the newsletter team - Sophia Kaur Randhawa! I remember meeting Sophia for the first time at last year's Guru Nanak Food Drive, and I was blown away with her enthusiasm and energy, along with her drive to get actively involved with the GGSCF - so I am really glad that she accepted to be the Newsletter Rep when we approached her, and has already shown her dedication and commitment to the newsletter by stepping in right away and making sure she followed through on her duties! We're proud and excited to have her on board.

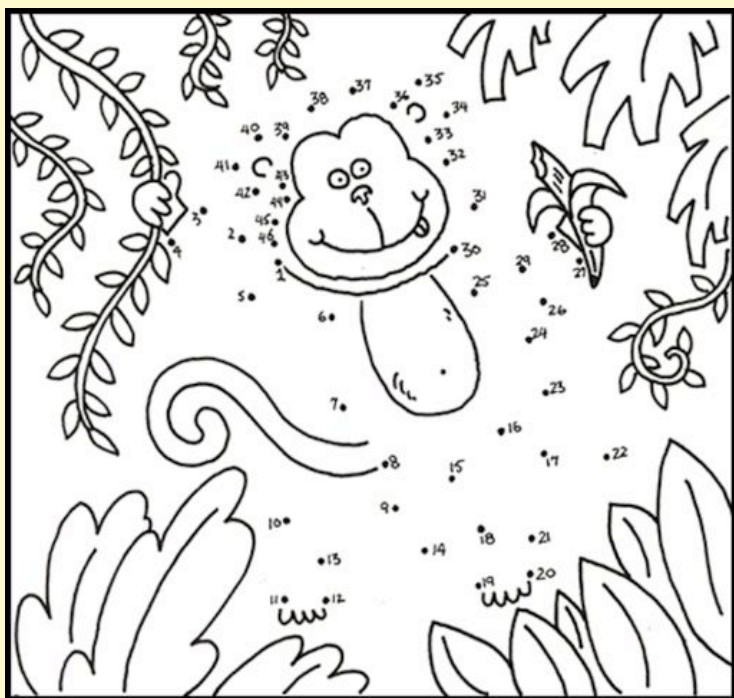
Another exciting addition to the team in 2005 came with the beginning of the newest GGSCF Branch - 0510 at Rexdale - Sukhpreet Kaur Punia! I have yet to meet Sukhi in person, however, she came highly recommended, and again, similar to Sophia - she has stepped right into the new position, making sure she follows through on her duties, and gets involved by asking questions and making suggestions in order to not only understand her own responsibility as a newsletter rep, but also the responsibility of the team and the newsletter to the GGSCF and its supporters! We're extremely excited and proud to have both Sophia and Sukhi join the team, and are already quite amazed by their work and commitment!

4TH ANNUAL GURU NANAK FOOD DRIVE

By Jastej Singh Minhas

The annual Guru Nanak Food Drive was held from November 13th to 20th 2005. Once again the Sikh community came together to donate non-perishable food items such as canned goods, cereal, pasta, and more. Posters were magnificently created by the youth and distributed to the participating Gurdwaras in Toronto and the GTA along with the bins for the food. Although our goal this year was to raise 10,000 pounds of food, we managed to raise roughly 6,115 pounds. This should not be looked upon as an unsuccessful attempt, because it still provides food and nourishment for a lot of less fortunate people in Toronto, and should only encourage us to do more next year. The event was organized by Mandeep Kaur and it was her first time running an event by herself - and she did a tremendous job at coordinating all the efforts with the help of Sunny Sandher who made sure that the Food Drive was advertised in the ethnic media. Special thanks go out to everyone who donated to the food drive this year, and we look forward to your support in the coming years. Also, to everyone who helped out with this event, it could not have been done without you so thank you once again. In addition, we are also thankful to all the gurdwaras that allowed us to place the food bins on location so that the Sangat could contribute freely!

KIDZ KORNER



GGSCF Events Word Scramble

STEVEN _____
NUR-A-NTHO _____
TAKSIGN _____
DOFO RIVDE _____
RAISTLICBM _____
NFU YDA _____

Wuzzles are word pictures that represent familiar phrases. The words placement and position are important.



Eg: Foreign Land



Kid-a-Riddle

Q: What do you go to the forest without, search for but cannot find, but when you leave the forest you have it with you

A: Splinter

Q: What do you call cheese that's not yours?

A: Naccchoooooo Cheese

Q: What do you call a fairy who doesn't take a bath?

A: Stinkerbel

Q: What did the little light bulb say to it's Mum?

A: I wuv you watts and watts.

Q: Why are egyptian children confused?

A: Because after death their daddy becomes a mummy.

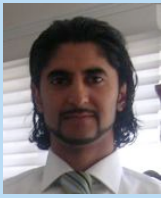
Q: What did the Chevy pick-up dress up as for Halloween?

A: A Monster Truck.

Q: Why is six afraid of seven?

A: Because 7 ate 9

GET TO KNOW US...



Kultar Singh Dhuck, (a.k.a. Rishi) is a young professional at the age of 29 as a Business Developer for Bell Mobility. Although Rishi hasn't been involved with the GGSCF as long as the other board members, he has definitely achieved a lot in a short time especially within his home branch 0302. He is currently in charge of the media-relations aspect of the GGSCF.

Rishi is a great team player and always keeps the rest of the board members motivated. When asked what his favourite GGSCF memory was, he replied, "Niagara relay run, because I met a young youth who inspired me and showed me the infinite capabilities of young youth". His other interests include soccer, going to the gym and swimming.

HUNGRY MOOSE PARADE

By Puneet Singh

On October 10th 2005 people from all over Toronto stopped their busy lives for one day to give back to their communities. The Guru Gobind Singh Children's Foundation took part in the annual North York Harvest Food bank, Hungry Moose Parade. Over 40 Foundation participants took part in the event. The goal of the event was to help the food bank so that the less fortunate could have a meal to eat on Thanksgiving Day. The parade took approximately an hour to complete. While some participants dressed up in costumes, others went door to door and asked members of the community for their non-perishable food items. At the end of the day, Pardeep Kaur from the GGSCF gave their annual check to the North York Harvest Food Bank in the amount of \$500. The day was a success and all went well!



GROWTH BY NUMBERS AT BRANCH 0303

By Sophia Kaur Randhawa

Branch 0303 is hard at work and has been very busy lately with a lot of involvement from the youth and we have also noticed an increase in our attendance. A lot of new youth have come to help us increase involvement within our community. As our branch grows we have been seeing more commitment to the events held by GGSCF. For instance, a lot of our youth have been busy auditioning and preparing for Punjabi Idol. Auditions were held at various times at branch 0303, and the organizers got to see a glimpse of some amazing talent. A couple of volunteers at our branch have been giving out invitations for the show, and everyone is excited to see the great performances in January. We can all agree that the weather has gotten colder, but most of us are excited to celebrate the winter season by attending the skating and snow-tubing events as well.

EXCITEMENT AT BRANCH 0302

By Sharanpreet Kaur Kelley

On December 11, 2005, Branch 0302 located at Sikh Heritage Centre on Mayfield and Airport, had its monthly meeting, and it was an exciting one! The meeting's main focus was, of course, the Punjabi idol. Having worked really hard on their play, the actors are determined to make it a show that we won't forget. Other than the Punjabi Idol excitement, we also covered the major events coming up for December. The members were excited to find out about the snow-tubing trip on December 24, 2005, since this is the first time we're doing another major trip in winter in addition (and so close) to the skating trip – both events are great for enjoying the winter season! As usual, the weather was cold, but it didn't stop the members from having warm conversations.

NEW BRANCH IN REXDALE - 0510

By Sukhpreet Kaur Punia

The 0510 branch of the Guru Gobind Singh Children's Foundation held its first meeting at the Rexdale Gurudwara on Sunday, October 23rd. A number of people, old and young, took the initiative to attend the meeting and take on responsibilities for the follow-up meeting, which was on November 27th. We were introduced to other children and youth who have been part of GGSCF for some time and had come on the day to meet the newer participants and support the beginning of the new branch. We discussed many future projects that we would like to undertake, and the group showed much enthusiasm. A food drive, a CN tower climb, and a ski trip were the hottest topics of discussion. As well, everybody got some practice at public speaking and started to come out of their shells. Overall, the meeting was a great success, and hopefully we will be able to achieve our goals. As well, we are trying to recruit more members, who can contribute to the foundation through strong effort and dedication. We have begun our journey on the path of success, and hope that the New Year will bring joy and prosperity.

The branch 0510 representatives are:

Chairperson: Hardeep Kaur Shergill

Coordinator: Chiranjeev Singh

Administrator: Manminder Kaur Mokha

Newsletter Rep: Sukhpreet Kaur Punia

GGSCF welcomes the new reps on board, and thanks the Rexdale Gurdwara committee for their encouragement and support in starting our newest branch and giving more of the Toronto youth to get involved and make a difference. Rexdale branch meetings are held every fourth Sunday of the month from 7pm to 9pm and all are welcome to join us!

GET TO KNOW US...



Panveer Singh Lachhar is often MIA - nowhere to be found, nowhere to be seen. But when you do find him, he is giving life its best, working harmoniously and effectively – whether it's work, studies, or GGSCF! Panveer has been an active board member for the GGSCF since January 2004, and has contributed towards growing the GGSCF since before his appointment to the board. Panveer, like most of

the GGSCF youth and the board members is studying, completing his undergrad in Marketing Management at Ryerson, and is also working part-time, while still dedicating his time to the GGSCF. For anyone who knows him, know that he's a sports fan – whether it's playing or watching sports, and the Leafs are his favourite team. He has incorporated his enthusiasm for sports into his work with the GGSCF by being one of the main organizers for the infamous Annual GGSCF Basketball Tournament! Panveer has a fun and open outlook on life in general and his sense of humour is definitely welcomed by all, especially when things get tough!

GET TO KNOW US...



Kimpreet Kaur Mann is a 19-year-old youth, who is currently studying at University of Toronto, and has been involved with the GGSCF since the very beginning and enjoys every part of her role as a board member. Although Kim is most often seen at her home branch 0303, she is known throughout all the branches because of her role as editor of the GGSCF newsletter. Kimpreet's goals include pursuing a career in law and to help the foundation grow and help as many children as possible. One of Kim's favourite memory with the GGSCF is of visiting the kids that we help sponsor in India, and she says, "meeting those kids was the most rewarding experience in my life". Other than dedicating her time to the GGSCF, Kim also enjoys writing, playing, and listening to music!

ALWAYS BACK FOR MORE - BRANCH 0311

By Jitinder Singh Bal

Branch 0311 at Dixie Gurudwara has been experiencing challenges in bringing in new members but you can tell that once they come, they don't stop because the regular youth are always back for more! Young individual efforts have been very strong as we have had many youthful members come and go in the last couple months. The youth of this branch started off small but has expanded slowly and steadily. They have contributed lots and are starting to grasp the main focus and the goals that the foundation is trying to reach. Attendance has been at its peaks for some meetings but then there are months that we struggle, as is the way of life! We invite you to join us whenever you can in the new year and bring your friends and family to share the experience, as being part of the GGSCF is something special indeed!

A CONTINUING TRADITION - FVC

By Sarabhjeet Singh Panesar



On Sunday November 6th 2005, the Guru Gobind Singh Children's Foundation set off to the Fred Victor Centre located in downtown Toronto to serve free hot food to the homeless people or people in need. The group was greeted by a fellow worker

by the name of Bridgette who took part in serving the food with other volunteers. The aroma of the spicy food filled the air as the line up started to get long. At first, most if not all were mistaken and thought the food had a price tag on it. The group fixed that confusion and indicated that today's serving will be free and seconds were acceptable. Many enjoyed the taste of the food and expressed their gratitude at the end of the day. Most of the people had recognized the group as they come every month to serve food at the Fred Victor Centre.

Volunteering at the Fred Victor Centre was something I was meaning to do for quite some time. Not just for simple volunteer sake, but just to see how a little bit of help in regards to the food can go a long way in someone's life. The smiles and the thank you's from all the patrons inside the centre was the best part. There was no negativity in that vicinity what so ever. Everyone was grateful and expressed their feelings afterwards. I can't wait till I see the same and even different faces the next time I go.

UPCOMING EVENTS

By Kimpreet Kaur Mann

Food For Homeless - Visit the Fred Victor Center and experience first hand what is the joy of giving - feed the homeless on January 8th, and don't worry if you can't make it that day because you can also go on February 12th, or March 12th. It's a great experience you won't forget, so be sure to check it out.

Punjabi Idol - On January 15th be sure to check out the very first Punjabi idol for an evening of entertainment and fun as local children and youth share their talents and raise money for the GGSCF. For more information visit www.punjabiidol.com

Sikh Story Writing Contest - A great way to show off your writing skills and help teach others about Sikhism. All you have to do is write a short story based on an event or person from Sikh history and submit it! The deadline for submissions has been extended to January 30th 2005, so be sure to give story writing a try.

Visit <http://sikhstorycontest.250free.com> for more information

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!

CHILD SPONSORSHIP UPDATE

By Inderpal Kaur Wig

With the start of a new year, the GGSCF continues to work hard at getting the support of the general public, in order to give hope to children around the world. In the last couple of years, with the addition of our monthly sponsorship program, combined with our regular efforts to raise funds annually, and with your support, the GGSCF has managed to steadily increase the number of children being sponsored through our various charity partners. Here are the most up to date numbers of children that are being sponsored:

Foster Parents Plan - 56; World Vision - 8; Jyoti Sarup Kanya Asra Trust - 20; Vocational Rehabilitation Training Centre - 36; SOS Children's Villages - 5; Navjivini - 20; **Total - 145**

We thank you for your continued support in providing assistance to those that need it, and request you to visit our website to download the monthly sponsorship forms, and contribute either a monthly amount, as low as \$5, or even support a child from your favourite charity on a monthly basis. We also encourage you to refer your friends and family to do the same, so we may all contribute together towards the better of the world - because remember - every small amount counts!

EDITOR'S NOTE

By Kimpreet Kaur Mann

Wow, I can't believe the year 2005 is already over! This year has been a great year for the GGSCF, with increasing numbers at almost all of our monthly meetings and a lot more involvement from youth and although the year has been full of new events and new faces there is always room for more. As we reflect on the past year I think it's important to remember that we are capable of bigger and better things. With the objective of the GGSCF to add meaning to the lives of children all over the world I'm sure that we will accomplish even more in 2006. Remember that even a small step forward for each one of us will lead us towards a world that's a better place for all of us. Happy New Year to all!

Please send comments, questions, and/or suggestions to:

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