

Guru Gobind Singh Children's Foundation

Issue 17

July 2006

ACROSS CANADA RUN KICK-OFF MEETING

The March Break started the kick-off for the "Across Canada Run", held on March 11, 2006. There were 70 participants of all ages from kindergarten students to retired adults. A proposal was made for people to think about the project and input was obtained from all those wanting to help as participants and volunteers. This major project is set to coincide with the 10th Anniversary of the GGSCF in 2009. It is a huge undertaking, but one which many are looking forward to. The presentation which was made at the first meeting, along with the participant/volunteer questionnaire is available on the GGSCF website for anyone who may have missed the first meeting and would like additional information.



Another meeting has already been scheduled for July 16th from 1:00pm to 3:00pm at Gursikh Sabha Canada where we would address some of the questions raised and ideas given at the first meeting. Teams will also be formed at the upcoming meeting to prepare an outline for the "plan" to do this relay run. As one of the organizers said, "doing the run is the easy part", but getting everyone involved, contributing, and making it a meaningful experience for everyone is the challenge, but one which we know the children and youth will surpass, by their own expectations, that of the community, and of all Canadians.

SIKH CENTENNIAL FOUNDATION GALA

On April 1st, 2006, the Guru Gobind Singh Children's Foundation was invited to participate in The Sikh Centennial Foundation's Annual Vaisakhi Gala. The event was organized to recognize and honour both Sikhs and non-Sikhs that have made significant contributions in the business world, their community, and the arts, while adhering to Sikh values & principles. The event was sold out and the audience was attended by professionals and students. The GGSCF's primary goal through this event was to increase awareness of the Foundation. A short video presentation about the GGSCF was made, and Ms. Parminder Batra, the chair of the Centennial Foundation, challenged the audience to sponsor 25 children by the end of the evening. The event was a huge success, and actually resulted in pledges for 65 new children being sponsored! Two individuals deserve special recognition: Dr. Birinder Singh Ahluwalia (who sponsored 5 kids) and Mr. Surjit Babra (who sponsored 25 children)! We are thankful to the Sikh Centennial Foundation for extending us this opportunity, and to everyone who sponsored a child as we're grateful to have your support!

GET TO KNOW US...

In this issue of "Get to Know Us", we continue with the profiles of the talented youth that are responsible for running our branches. So here are the representatives from the first official branch of the GGSCF, 0302 located in Brampton.

Premeet Kaur Dhaliwal Branch 0302 Coordinator



Premeet is 14 years old and she's been with the GGSCF for a year. Premeet has been actively involved with the GGSCF in almost all the events that have been held, and has learned a lot about the GGSCF along the way. She's an energetic person, giving ideas and helping out whenever she can and her enthusiasm and initiative has encouraged her to work on planning an event of her own in the near future. Premeet was also involved in one of the skits performed at the recent Punjabi Idol event. Her future goals include traveling all over the world.

FVC VOLUNTEER WEEK CELEBRATION

As part of the annual 'National Volunteer Week', 8 youth and adults that are part of the Guru Gobind Singh Children's Foundation were able to attend a special event to recognize their help during the winter months with the Food for Homeless program that the GGSCF participates in at the Fred Victor Centre in downtown Toronto.



The Guru Gobind Singh Children's Foundation has been participating in the Food for Homeless program for many years. All that have had the privilege of going have found it to be an extremely rewarding experience, particularly that of meeting many different people from all walks of life. The Fred Victor Centre was established in 1894, where its mandate was to address the basic needs of homeless and transient men. Through its programs and services Fred Victor Centre helps people to address their essential needs for food, shelter, and social contact – the basic requirements for survival. Once these needs are met, they can begin to focus on their hopes and dream for a better future. GGSCF has been proud to be a part of this program, and we're greatly appreciative of their recognition for our dedicated youth and adult volunteers!

GET TO KNOW US...

Sharanpreet Kaur Kelley
Branch 0302 Newsletter Representative

Sharanpreet joined GGSCF in 2003, and has been an active member ever since. Sharan is currently enrolled in the regional arts program in grade 11 at Mayfield Secondary School. She likes to be outdoors and helping around. Sharan makes an effort to commit her time and dedication anytime she can and currently is also helping out with the summer camp at the Sikh Heritage Centre.

1776 STEPS FOR THE WWF

On Saturday morning April 29, 2006 many children, youth and adults from the GGSCF took part in the annual CN Tower Stair Climb for the World Wildlife Fund of Canada. The 105 climbers from across the GTA came by bus from Brampton, Mississauga, Rexdale and Scarborough. Some did the climb for fun, others to beat their previous best time, some to win the awards, and some just to help with a good cause.

In total the GGSCF gave the WWF a cheque for \$5250. Everyone who took part was a winner as they climbed up each and every one of the 1776 step without quitting, but the GGSCF does like to recognize a few special climbers. The list of award winners as well as the full list of the CN Tower Stair Climbers is available on the GGSCF website. The overall winner of the Mata Kishan Kaur Cup was Nirvair Singh Chahal, who climbed the steps in 14 minutes and 11 seconds.



BRANCH REP MEETING

Prabhpaul Singh

On Saturday March 12th, there was a collective gathering of some very proactive youth in the community. This meeting was arranged at the Mayfield Gurdwara for all the representatives from branches 0302, 0303, 0311, and 0510. The purpose of this meeting was to initiate communication between the reps by having a chance to get them to know each other. The branch member responsibilities were also reviewed to ensure that the branches would be run as effectively and efficiently as possible. The meeting started off with a short warm-up exercise which had branch members with the same positions on their respected branches to familiarize themselves with one another. Shortly after, Amrit Kaur Bhangoo gave a over view of the foundation's vision, and goals. As the meeting progressed, the branch members formed groups with other members sharing their positions and each took turns presenting their responsibilities and duties that they will carry out. All in all, this meeting was fairly enjoyable, and the branch members also received constructive feedback from board and council members who attended.

VAISAKHI FOOD DRIVE

Bineesh Kaur Chadha

The youth and volunteers of the Guru Gobind Singh Children's Foundation held the annual Baisakhi food drive on April 30th, 2006 at the Better Living Center. Display boards put together by the youth which included information regarding the charities we work with, as well as some of the children we sponsor were on display for the sangat to see. Along with



display boards the youth were providing information about the GGSCF, and encouraging new youth to join the foundation or attend a meeting. Donations were collected in the form of food and money, and there was an overwhelming response from the sangat, allowing GGSCF to collect 5500lbs of food for the Toronto Daily Bread Food Bank. As we all celebrated on this joyous occasion, we were also able to lend a helping hand to those less fortunate. The GGSCF would like to thank you all for your contributions, help and continued support.

MAGNETAWAN FIRST NATIONS EARTH DAY

Amritvir Kaur Bhangoo

On April 22nd, Nimrat, Sharan, Dalbir, Sharan's mom and I participated in celebrating Earth Day with the Magnetawan First Nations community. Around 7am, we drove to meet with the event organizer, and then going over the Canadian Shield, we bonded with each other as we traveled through the beautiful sites surrounding us. Once we reached our destination, we were greeted by a community like none other and we joined in their traditional dances and celebrations for Earth Day. When it was time to eat, our eyes were opened to a completely new world where people had so little but were still willing to share. The GGSCF kids also shared langar with the community. While looking around we noticed a poster of the only five high school graduates and realized how much we have that we take for granted. We also realized how much these people appreciate the little things in life. Even though they had so little they still offered us all a gift and insisted we take one of their precious creations. The GGSCF kids presented the chief with a turban, and explained to them the importance of the turban, as well as the meaning of the Jakara. As we left, we had a newfound respect for other communities, and a greater depth and understanding of the majesty of life, the beauty of relationships between friends, and the wondrous qualities people possess.

KID-A-RIDDLEZ

WHY CAN'T YOU TELL JOKES TO AN EGG? -BECAUSE IT WILL CRACK UP!

WHY DID THE GRIZZLY PUT ON PYJAMAS? -BECAUSE HE WAS BEAR NAKED!

WHY WAS THE BROOM LATE FOR WORK? -BECAUSE IT OVER-SWEPT!

WHAT DID THE MAYONNAISE SAY TO THE FRIDGE? -CLOSE THE DOOR, I'M DRESSING!

TEA PARTY AT BRANCH 0302

Gurleen Kaur Dhaliwal

On April 9, 2006 branch 0302 held a tea party to inform children and their parents about GGSCF. There was a PowerPoint presentation prepared by Rishi and yummy pakodas and of course, tea, available for all to enjoy. Many of the new children, along with parents and the Gurdwara committee came out and enjoyed the program. There were boards up about the organizations and children that we support and the events we have held. It is just amazing to think that we did all that!



UPCOMING EVENTS

Inderpal Kaur Wig

July 3-7 - GGSCF Children's camp at Mayfield - Camp for children of ages 6 to 12 at Mayfield Gurdwara, giving them the opportunity to learn about our religion, and get to know other children and have fun!

July 15 - Senior's Trip - Annual trip for our seniors to enjoy the weather and nature - this year's trip will be to Crawford Lake which is west of Milton.

July 16 - ACR Run Meeting 2 - Did you miss the first official meeting for the Across Canada Run? There's lots of opportunity to get involved, and our next meeting is on July 16th at 1pm at Scarborough Gurdwara.

July 23 - Annual Children's Fun Day - The annual day to have fun! More information to follow, but plan to have lots and lots of fun!

July 31 to Aug. 4 - 5 day children's camp held at the Scarborough Gurdwara for children of ages 8 to 14.

August 20 - Annual GGSCF Run-a-Thon - How can we complete the summer without our trademark annual run! Keep an eye out for details at the next branch meeting and on the website!

For additional information on these events and others, please visit our website at www.ggscf.com

NEW GGSCF WEBSITE LAUNCHED

Sandeep Kaur Shako

Check out the all new GGSCF.com. Since its launch in April, our all new interactive and user friendly website has been a huge hit with more people logging on than ever before. Log on today to see what all the excitement is about! We appreciate your feedback on the new website and you can email website@ggscf.com with any questions or suggestions! Also we are looking for youth interested in web design to make updates and present current articles for the home page which we would like to update at least once a week. Interest please contact me through website@ggscf.com

NAGAR KIRTAN FLOAT

Some of you were asking if the GGSCF were going to have a float in the Nagar Kirtan this year. Well the GGSCF did have a float thanks to some dedicated youth. Ontario Khalsa Darbar whose float the youth decorated were very generous and permitted the GGSCF to carry their name on their float. The float had the theme of the Panj Piaras being given amrit by Guru Gobind Singh so it was even more fitting for the GGSCF to be named on the float.

GET TO KNOW US...

Manpreet Kaur Deol
Branch 0302 Chair



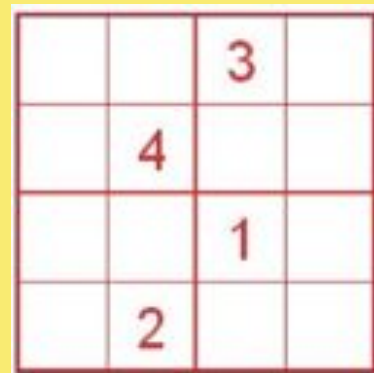
Mandeep is 24 years old, and she has always loved helping others, not only because it is rewarding, but because of the opportunity to meet others. She has come across some extraordinary individuals, whom she has helped or worked with, but who have also helped her. Mandeep will be starting her first year at dentistry this August and is really looking forward to it.

RECORD BREAKING ATTENDANCE AT 0303

Sophia Kaur Randhawa

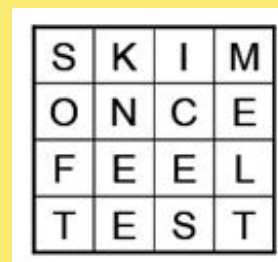
Branch 0303 is starting off once again on the right foot this summer. Everyone always looks forward to the new changes on the agenda. In April, Mandeep and Sophia organized a game of GGSCF Jeopardy for the monthly meeting. This was a great way to get everyone to participate and more importantly to have fun. Also Amandeep Kaur Saggu took initiative by organizing a Vaisakhi day clean up at Scarborough Gurdwara. This encouraged many of the youth to plan and help organize events. Many new changes are keeping members coming back for more. Also we have a lot of fun and exciting events planned to keep everyone up on their feet! The meeting in June was attended by a record 55 people, which goes to show all this hard work planning for meetings does pay off.

KID-SUDOKU



Every row, column and mini-grid must contain the numbers 1 through 4.

NEWSLETTER 16 KID-WORD-SQUARE ANSWERS



Answers to the Sudoku puzzle will be published in the next issue of the newsletter, which will be released on October 1, 2006

GET TO KNOW US...

Ravnit Singh Dhaliwal Branch 0302 Administrator



Ravnit is 16 years old and is in Grade 11 at Mayfield Secondary School. Ravnit loves to play sports, video games, tabla, and listen to music. Ravnit became a part of GGSCF about one and a half years ago, and for him, it has been a remarkable experience. According to Ravnit, GGSCF has helped him get involved with the community in order to help the less fortunate and has also provided him with the opportunity to advance his communication skills as well as boost his self-confidence. One main reason why Ravnit enjoys GGSCF is because it is organized by such active and responsible youth.

SHOOTING HOOPS WITH GGSCF

Tarnpreet Kaur Billing



This year's basketball tournament, held on May 28th at the Turner Fenton High school, was a huge success. 30 teams participated in this year's tournament with a total of 130 players, 20 volunteers and roughly 200 people came throughout the day. The games were competitive and there was a lot of excitement in the crowd. Congratulations to the winners, Team NWO in the 13-15 age group; Team Woodline in the 16-18 age group, and Team Malton in the 19+ age group. This was our 4th year with this event and each year the event is growing and becoming more competitive. Thank you to all participants and volunteers who came



out to make this year's basketball tournament a great success and we look forward to seeing everyone come out to next year's event.

On July 16th, 2005, UTM featuring Nachdi Jawani, placed second within the Bindiya Chamke Gi competition and were rewarded \$1000. The group generously donated half of that reward, \$500, to the Guru Gobind Singh Children's Foundation at the Basketball Tournament on May 28th, 06. Team members are from various universities and backgrounds, and promote the Punjabi culture within their dance. They will be participating in the competition again this year and are hoping to make another donation again this year - we wish them good luck!



CREDIT VALLEY HOSPITAL RECEPTION

Mandeep Kaur Grewal

On April 21st, Manpreet and I attended the Credit Valley Hospital Vaisakhi Recognition Reception. The reception was held to recognize Vaisakhi, and also give the members of the hospital a chance to recognize the contribution made by the various Sikh individuals, families and organizations such as the GGSCF. Along with the hospital's main pharmacy which is named after Guru Nanak Dev Ji, various rooms around the maternity ward of the hospital also carry names of various Sikh donors. It was with great pride to see the GGSCF name plaque in the maternity ward. To everyone's amazement, another \$5,000 was generously donated by a member of our Sikh community at the end of the reception.

NAVJIVNI SCHOOL CELEBRATES

In early March 2006 Ajmer Singh Sidhu and Baltej Singh Pannu presented to the Navjivni School of Special Education the mini-van the GGSCF had been fund raising for in January and February. Dr. Sodhi who manages the school was very grateful for the support. As the GGSCF collected more funds than required playground equipment was also bought for the school.



Also on April 2, 2006 Navjivni celebrated their 25th Anniversary. The event was attended by Hardev Singh Samra and Surjit Singh Hayre both of whom were on holiday in India at the time. They were amazed at the talent of the students who despite being mentally challenged had overcome many challenges. At the celebrations the children showed art and crafts they had made, they also presented songs and dances for the audience. The show moved so many that no one left with dry eyes.



GGSCF VISITS KNIGHTS TABLE

Panveer Singh Lachhar

Just over two months ago, the GGSCF youth and volunteers from Mississauga and Brampton decided to go to Knights Table once a month and cook and serve food to the less fortunate. We're thankful to the various families who donate the money in order to do this on a regular basis. The people there enjoy our style of cooking and always look forward to see us again. We've developed many friends at Knights Table and look forward to the event each month. Thank you to all the volunteers who come out regularly - your help makes a huge difference!



EDITOR'S NOTE

Inderpal Kaur Wig

It has been an exciting start to the summer with many events going on throughout all the branches. We're proud to have such dedicated youth involved in each of the branches. If you haven't already, make sure you check out the new GGSCF website to find out about more exciting summer events planned in the next few months!

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

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