

Guru Gobind Singh Children's Foundation

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SENIOR'S TRIP

Jastej Singh Minhas



The senior's trip was held on July 15th 2006 and it was organized by Amanjit and Jasjit Singh. This trip however was not the usual trip to Niagara Falls, but instead it took place in Peterborough, Ontario. It was a beautiful setting near a river, in a park which included a zoo. Many youth along with adult volunteers showed up and made this trip a huge success. There were over 200 seniors who showed up from Scarborough, Brampton, Dixie, and Rexdale looking forward to a relaxing day. It started off with a stroll down to the park, and later the volunteers walked with the seniors to visit the many different animals. Afterwards many of the seniors enjoyed telling stories and tales from their past along with sharing their wisdom with the youth. The youth entertained the seniors with many things such as short plays, jokes, and with the sounds of the Tumbi! The seniors also enjoyed the many sights that Peterborough region had to offer. The volunteers and participants did a good job by making this event both successful and enjoyable. Special thanks to all the volunteers and organizers.

LETTER WRITING SESSION

Manprit Singh

The letter writing session was organized by Gurjit Kaur. It took place on June 3rd, 2006, at Branch 0303 in the GGSCF portable. There were many kids that the GGSCF sponsors that wrote letters to us, but unfortunately, not many of the youth here showed up to write back.. Next time I encourage everyone to come and write to the many kids we help around the world because it's a great opportunity for us to connect with the kids that we are supporting. This year I wrote to a boy named Chin Yang who lives in China. It was interesting reading his letter. I wrote back about how I wanted to see the Great Wall of China. What I liked most about the letter writing session was everyone got to pick who they wanted to write to. There were so many kids to choose from and everyone got to write to someone in a different country. I think it's great that the GGSCF sponsors kids around the world and the youth get to write to them. Overall we had lost of fun reading and writing the letters. By reading some of the old letters you could tell the kids were very happy to get our letters. The kids we wrote to, will probably be writing back soon and I can't wait to hear from them. Once again, I encourage more of our youth here to show up for the next session, so you can be part of this great experience.

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 0303 branch located in Scarborough.

Paul Singh

Branch 0303 Coordinator



Hi, my name's Paul and I'm 17 years old. Currently, I'm getting ready to start my Bachelor of Health Sciences program this coming fall at University of Western Ontario, which I hope will eventually lead to dentistry. I enjoy a variety of sports, ranging anywhere from skiing to taekwon-do, and hanging out with friends. I became involved with the foundation in 2001 after I heard great things about it from my cousin. Through the course of these years, I've helped out with a variety of events and recently have undertaken the task as Events Coordinator. Interestingly enough, the foundation has apt of forward drive, coming from the collection of enthusiastic and spirited volunteers, and I believe that was what motivated me to help. All in all, I appreciate all the things I learn from being around such wonderful people and hope to get more involved with the GGSCF.

2ND ANNUAL RACE AGAINST RACISM

Kirpanoor Kaur Badwal



Our second annual participation in the Race Against Racism was once proved to be a very successful event. The event is organized by Peel Regional Police and took place on the 11th of June at Gage Park, South of the City Hall. This year the race

was enjoyed by 162 participants from the GGSCF and approximately 1500 people overall ran the 5km distance of the race. The GGSCF volunteers also arranged for food at the event for the runners, and also had a great display put together by all the GGSCF Branches. There were many other booths setup at the event, and it was a chance to explore the great cultures of Brampton.

The race finished with some excellent results - some of the GGSCF members also won prizes for being the fastest in their age groups. Everyone then enjoyed the cultural displays from different groups in Brampton, including a Gatka display by members of the GGSCF. There were lots of other things for the youth to do including face painting and the bouncing castle. The Mayor of Brampton and the Chief of Police were also there to thank and support all those who came to participate in this event to battle racism by increasing understanding between different communities and cultures. It is wonderful to be a part of such an event that promotes living in unity amongst all cultures and races - which we should all realize is increasingly important in today's world. We hope to see everyone at next year's race and to see even more people come out to this fun event that everyone enjoys.

BRAMPTON CAMP

Navneet & Navraj Shergill

My name is Navraj Shergill and my sister, Navneet Shergill, and I, were volunteers at the Gurmat Camp at the Brampton Sikh Heritage Center. For five days, we had to supervise a rather large group of children. I got to take care of Group 6, which was composed of the oldest children at the camp (ages 9-14). The group certainly posed some challenges to manage, but they definitely improved as the week progressed. My sister, Navneet Shergill, supervised Group 1, which comprised of 5 and 6 year olds, who were very obedient, despite being the youngest of the bunch.



Most days were comprised of sports and group activities along with lectures about women in Sikhism, several of the Gurus, and other highly-regarded people in Sikhism. July 4th was definitely a highlight because of our trip to the zoo! We got to see a wide variety of animals, such as tigers, polar bears, kangaroos, and even a Komodo Dragon! Another fun day was July 6th when we all enjoyed a playful and fun water fight between the volunteers and children. Overall, it was a great learning experience, and we encourage everyone to come out again next year!



BRANCH 0510 UPDATE

Hardeep Kaur Shergill

In October of 2005, the GGSCF branch at the Rexdale Gurudwara was born. We've had many challenges and difficulties along the way that made me realize just how significant teamwork, cooperation and commitment really are. I've had the privilege of being the chair at this branch and I can honestly say that although at times it was frustrating, it was also very much rewarding when I saw the enthusiasm that the youth and sangat had for helping underprivileged children of the world.

Although we've had meetings where there were only a few individuals present, those that attended came with a smile and passion to help make a difference in the world. I organized a car wash which raised over \$400 to help fund this year's senior's trip, with many thanks to the Rexdale Gurudwara committee, the youth that took part in this seva, and of course, the sangat.

But along with the achievements, we've also had difficulties as already mentioned. We need more youth to attend the meetings and events - this will most certainly occur once people become more aware of the foundation

GET TO KNOW US...

Sophia Kaur Randhawa

Branch 0303 Newsletter Representative



My name is Sophia Randhawa and I am 17-years-old. I currently attend high school and am in grade 12. I have been involved with the GGSCF for 2 years. Since I have gotten involved, I have participated in many events. Alongside my sister Mandeep; I have helped organize the food drive and the Canada day parade. I also enjoy coaching soccer with the G.S United and am the newsletter representative for Branch 03

SIKH ANGEL BLOOD CLINIC

Paul Singh

On June 9th, A group of 4 friends embarked on a partially long 45 minute drive from Markham to Brampton, in the hopes to donate blood which would benefit many others. Upon arriving, we moved to the registration line to check-in. Through the process of check-in and waiting, many nervous and excited donor's were reassured by the volunteers that all would be fine. Once registered we realized that the Canadian blood services clinic was double booked, meaning more people had showed up than the amount of appointments booked, and so wait times were longer. However, this did not seem to bother many, donor's patiently waited for their turn. As I moved onto get my iron level's tested, I passed with flying colours, being told that I had an excellent amount of iron in my blood. Unfortunately, when I was asked several questions, I discovered that I was unable to donate my blood, because I was taking allergy medications that would cause a conflict. Although, I was a little disheartened, I was still determined to donate my blood, and so promised myself I would make sure of not making the same mistake for the next donation time. In the end, it was still a well put together event, people had fun, and enjoyed the support from the volunteers, and I look forward to this event in the future.

UPCOMING EVENTS

Inderpal Kaur Wig

October 9th - Hungry Moose Parade - An Annual event, now a tradition with the GGSCF, as it becomes more popular each year. Join the GGSCF group at the Second Harvest Food Bank Annual Thanksgiving Day Parade, also known as the Hungry Moose Parade.

October 22nd - Annual Guru Nanak Walk - This year, the group treks to Rouge River Valley on an 8km nature hike to enjoy the sounds and sights of a colorful fall season, along with paying a tribute to Guru Nanak Dev Ji who traveled by foot to spread unity amongst all.

November 5-12 - Annual Guru Nanak Food Drive - In keeping with the teachings of Guru Nanak Dev ji, to share our earnings, the GGSCF holds an annual food drive during the week of Guru Nanak Dev Ji's Gurburab, across most of the Toronto Gurdwaras in support of the Toronto Daily Bread Food Bank.

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

KID-A-RIDDLEZ

WHAT KIND OF EYEGLASSES DO SPIES WEAR? - SPY-FOCALLS

WHAT DOES THE INVISIBLE MAN DRINK AT SNACKTIME?- EVAPO-RATED MILK

WHAT PART OF YOUR BODY HAS THE MOST RHYTHM? - YOUR EARDRUMS

WHY DID THE BANANA GO TO THE DOCTOR? - BECAUSE IT WASN'T PEELING WELL

CANADA DAY PARADE

Amandeep Singh Pirani



On Saturday July 1, 2006 the GGSCF took part in the annual Canada Day Parade. The weather was perfect for such an occasion. The GGSCF volunteers helped in preparation for the parade, and Mandeep Randhawa and Sophia Randhawa organized the event, which was a great success. The parade took place from the Scarborough Town Center to Brimley and Lawrence. A special thanks to Kimpreet who supplied the truck for the occasion, GGSCF, as well as the volunteers who decorated the truck with Khandas, balloons and the GGSCF logo. Jastej and Sukhdeep dressed up in costumes for some entertainment, and for the first time we actually had a sound system thanks to Aman. There were many people who came out and watched the parade. The youth handed out candy and balloons to the spectators. Since we had the music going, we tried to spread a little bit of culture by doing bhangra, some of the audience danced along as well, which was really nice. The parade was really fun and enjoyable.

GURMAT CAMP AT SCARBOROUGH

Amrita Jaswal



It was a Monday morning on a summer's day and it was the first day of camp at the Gursikh Sabha Canada Scarborough Gurdwara. This was a Sikh Children Youth Camp that took place on July 31st to August 4th for children from the ages

8-14. There were more than 100 participants and more than 30 volunteers that were at this camp. The camp sessions were given by youth volunteers, and varied in topics from gurdwara etiquette, Sikh basics, Golden Temple, Women in Sikh history and World Religions. Other activities included games, baking and sewa. On August 2, 2006 the children and leaders went to the Metro Zoo as a field trip. This gave the children a chance to do something fun and different with everyone and not just their own group. On the last day of camp on August 4th, 2006 the children got to participate in the Mini Olympics that were fun and competitive team games organized by the youth. At the closing ceremony after the Mini Olympics, the team that won first place got their medals, one or two children from each group got recognized and everyone got a participate certificate. This camp was an excellent way for Sikh children to learn about their religion and to have some fun!

GET TO KNOW US...

Mandeep Kaur Randhawa
Branch 0303 Chair



I am 18 years old and I joined the GGSCF in 2004. I liked the whole idea of "children helping children", and I decided to take on a bigger role by becoming Chairperson for Branch 0303. I've organized the Canada Day Parade with my sister for the last 2 years and I helped to organize the food drive last year. I'm a very outgoing person who likes to meet new people and learn new things. In my spare time I like to coach soccer and I want to get into social sciences. After getting involved with the GGSCF, I feel that I have become more involved within the community and it's helped me do things that I never thought I would.

SIKHS AGAINST GENOCIDE

Tejdeep Singh Chattha

On Sunday June 25, 2006, the Sikh community along with Canadians Against Slavery and Torture, and the Sudanese Canadian Human Rights Organization gathered to educate themselves about the ongoing Genocide in Darfur.



Through the speeches and videos that were shown we learned that in Darfur, over 10 000 people are being killed each month, and over 2 million people are homeless. The government attacks its own civilians with military helicopters and vehicles, as well as poisons their drinking water and crops. The GGSCF had

a booth at the event to show support to all of the children who are also affected by this human tragedy.

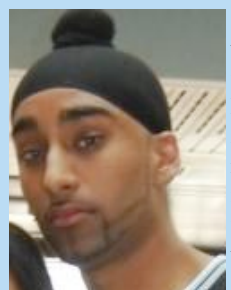
The Sikhs have also gone through 3 major Genocides in their history from 1746 to 1984. Guru Tegh Bhadr Sahib Ji gave their life for the freedom of others. Bhai Ghnaya saw god in all, and never discriminated. Guru Hargobind Sahib Ji refused to leave jail when they were falsely imprisoned unless the other prisoners were allowed to leave with them. With this in mind, Sikhs have a duty to stand up for the truth, to stand against injustice, and help those in needs.

How can we help the people of Darfur? International pressure and support is a necessity if the people of Darfur are to see any relief. In school we learn about the holocaust and other such tragedies that have happened. We think how can people be so evil and how could something like this happen. We have false security and think that this type of stuff can not happen again. Well it is! This genocide is occurring under our watch. As Sikhs, and as human beings we have an obligation to help those who are in need. If the attendance at the Sikhs Against Genocide event is any indication, the Sikhs are well on their way to rekindling the spirit of the faith and making sure we are there to help those in need. We need to go visit our local representatives and put pressure on them, to have the Canadian Government get involved in putting pressure on the International Community to put a stop to this Genocide.

GET TO KNOW US...

Jastej Singh Minhas

Branch 0303 Administrator



My name is Jastej Singh Minhas and I am 18 years old. I will be attending Ryerson University this fall. At Ryerson I will be in the Business Management program hoping to earn my Bachelor of Commerce degree. I have been involved with the GGSCF for about three years now and I first learned about the organization through some of my friends. Since I got involved with the foundation I have mostly been a general member and I have helped out wherever and whenever I could. I also volunteer as a coach for the G.S United soccer club. I help out with the GGSCF because I feel that it has a strong focus on children and as we all know, children are the future. I enjoy going to the gym, playing basketball, hockey, and soccer. A fun fact that many people do not know about me is that I enjoy listening to classical music. I have become fond of it ever since I was a little kid because I used to hear it all the time while watching Bugs Bunny cartoons!

KID-SHAPE & NUMBER PUZZLE

Each of the different shapes below has a numerical value. The numbers to the right of the grid are the sum of each row and the numbers at the bottom are the sum of each column. Can you work out the value of each shape? No shape has a value less than 1 and each value is a whole number. Enter the solution into the empty grid.

				7
				12
				8
				10
10	12	8	7	

NEWSLETTER 17 KID-SUDOKU ANSWERS

2	1	3	4
3	4	2	1
4	3	1	2
1	2	4	3

BRANCH 0311 UPDATE

Kirpanoor Kaur Badwal

A busy summer for many of the youth proved some challenges in attendance at 0311 meetings, however, with the start of a new school year, we also hope to get right back on track for a successful year for 0311 meetings. The Hungry Moose Parade is also coming up very soon, which is always an event that gets the youth very active at the 0311 branch as each year we have a large number of participants at the event from our branch. We look forward to this event as an opportunity to welcome these participants to our meetings. We hope that we will still be able to reach our goals for our branch even though we have had a minor setback due to attendance problems, but we know that the branch will be up and running smoothly very soon. We encourage everyone to attend our meetings and we hope to see everyone at the Hungry Moose Parade and at upcoming monthly meetings.

FUN DAY TURNED RAINY DAY



Sunday June 23, 2006 started out as a bright sunny day as children and youth from the G.S. United Youth Soccer Club held their annual soccer tournament. Players and coaches started at 9:00am as all teams were in the playoffs to find the best team in each age category. At 1:00 the set up for the Fun Day began, with the sale of roasted corn, gool-gupa, chat, cotton candy and drinks getting into full swing. However, this is as far as the Fun Day got, as the dark clouds from the west rolled in bringing lightning and showers. Everyone huddled under tents, the gazebo, and inside the portables hoping the rain would pass quickly, but it did not. For the 2nd year the Fun Day was impacted by rain and many of the kids were disappointed, but lets see if next year we are more lucky. The GGSCF would like to thank all those who came out and helped with the event, and especially the G.S. United Youth Soccer Club for hosting this on the day of the tournament.

EDITOR'S NOTE

Inderpal Kaur Wig

We hope everyone has had an enjoyable summer and are now back into the swing of things with schools and classes well under way. Please continue your support and participation in the GGSCF events and efforts so we can all be motivated to continue on with what can prove to be a difficult task a lot of the times. We hope that the children and youth who have are involved with the GGSCF are proud of themselves, because we certainly are! Thank you to everyone who keeps on going and giving - whether it's your time, money or support - because it all counts, and it definitely goes a long way!

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

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