

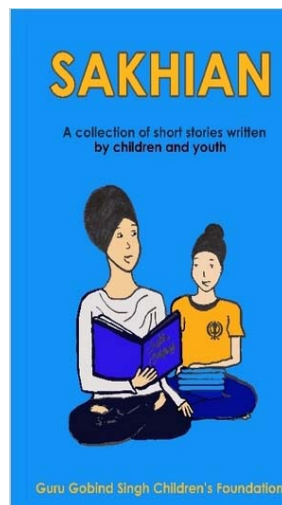
Guru Gobind Singh Children's Foundation

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GGSCF SAKHIAN– Paneet Kaur Gill

If you're one of those people that are despairing that our youth are not enough in touch with our history, despair no more!



As you read in the newsletter a few months ago, and also on the GGSCF webpage, the Foundation's first ever Sikh Story Writing Contest came to a successful close earlier this past year, resulting in the Foundation's first ever publication, called "Sakhian". The book has over 10 short stories (and a few poems) based on Sikh history, and the coolest part... they're all written by kids! From ages ranging from 7 all the way up to 17, this is a book by the youth and for the youth (or anyone else who likes reading ☺). It has already been featured a December issue of the international Sikh Speak e-magazine – check it out

Of course, in order for this project to truly be a success, we need your support. If you want to buy the book or download the book go to www.lulu.com/sakhian. Of course, all proceeds go immediately to the Guru Gobind Singh Children's Foundation. And also, if you like to write, you can send your own short stories and/or poems to mail@ggscf.com – you could be published next!

GURU NANAK FOOD DRIVE – Mandeep Kaur



On the occasion of Guru Nanak Dev Ji's Gurburab, the Guru Gobind Singh Children's Foundation delivered 4872 lbs of food to the Toronto Daily Bread Food Bank. There was also a donation of \$1,200 from the Sikh Community. Bins were placed at several Gurdwaras throughout Toronto to collect non perishable food items such as canned soup, cereal, etc. Even though we came short of

reaching our target of 8000 lbs everyone had fun along the way whether it was making posters or picking up the food and loading it onto the truck. Like previous years, there was the odd donation of milk, soap, and crayons, and of course throwing someone into a box, but it turned out to be a great day. Quite a number of volunteers showed up on the final day, making it a whole lot easier to gather up the food and deliver it to the food bank.

A special thanks goes out to the following gurdwaras who have helped out in the food drive: Gursikh Sabha Canada, Ontario Khalsa Darbar, Ramgarhia Sikh Society, Rexdale Singh Sabha Religious Center, Sri Guru Singh Sabha (Malton), Sikh Heritage Center (Brampton), North York Sikh Temple and Halton Sikh Cultural Association. The food drive could not have been done without you! Also a thanks goes out to everyone who took part in any way, it was really appreciated. We hope you all look forward to next year!

HUNGRY MOOSE PARADE – Pardeep Kaur



On Thanksgiving Day about 100 children/youth and parents with the GGSCF turned up to knock on doors, scream, shout, dress up and dance in the Hungry Moose Parade. The parade, organized by the North York Harvest Food Bank on October 9, 2006 was from the Fire Hall on Yonge Street along Lawrence Ave to the Food Bank.

The day was warm and bright, and much enjoyed by all those who attended. The kids enjoyed the chance to dress up in costumes and also the knocking on doors was popular while collect contributions for the food bank from local residents. At the end of the parade the GGSCF presented a \$500 cheque in addition to the participants bringing along some food items for donation.



BUILDING BRIDGES – Amritvir Kaur Bhango

On December 30th 2006, about 40 youth and 12 adults came together for the annual building bridges session. The participants spent 6 hours working together, learning about each other and just enjoying other individuals company. The session “Powerful Mind Powerful You” was led Rashpal Kaur (professional personal development trainer) and it's focused on setting goals as a path to personal development.



Participant went through exercises to set personal goals, about where they see themselves in twelve months. Then these personal goals were placed in envelopes and sealed to be opened at next year's session. Everyone was able to discuss reaching their goal with individuals their own age. In small group participants listened to each other, encouraged each other and discovered that everyone has similar problems/challenges and that no one person is alone. Later everyone helped to develop and set personal goals for the GGSCF. A discussion about what we identified as the foundation led to creating a list of events associated with the GGSCF. Everyone got to sign up for five events, then split up into teams and got an early start on planning the event of interest to each of us. Throughout the day there were many team building activities such as putting together a puzzle in groups of three, or tossing balls at each other and trying to learn names. Overall the session was a success as it was enjoyed by everyone, it was fun and we actually took something away from it. At the end of the day individuals left with a purpose, they had goals to complete and were looking forward to next years building bridges.



WINTER SKATING – Sophia Kaur Randhawa

On the evening of December 16th, 2006, GGSCF was up on their feet once again. This time they weren't running but skating the night away for the annual skating trip at Nathan Phillip square. Busses from Scarborough, Dixie brought all participants to Nathan Phillip square for the night's event. Although it was a bit cold, it didn't stop the youth from skating and having fun. This year as a fundraiser cookies were sold. Amy, Parmjit and Harjot, the organizers of the event, baked short bread cookies and had them prepared for the trip. It was a great idea, because all the cookies sold out before the trip ended.

This year the event was organized one a special day. The cavalcade of lights was going on, making the evening even more fantastic. Everyone who attended got to watch the show, which was put together by the city. A special thanks goes out to the organizers for making this skating event very memorable. We all look forward to tying up our skates once again for another skating trip.

SIKHI IN THE SPOTLIGHT – Kimpreet Kaur Mann



On Sunday September 17, 2006 the older youth of the GGSCF with the cooperation of Scarborough Gurdwara and an Ardas at Waheguru held their first Gurmat Class and Simran. The initiative was started by the youth themselves as a way of providing on-going instructions to youth in English so that they can learn more about Gurbani and Sikh history. Many of the GGSCF youth that have run the summer camps for the past few years felt that a once a year effort was not sufficient and that something was required on an on-going basis. Jasdeep Singh took on the initiative, with the help of Balraj Singh, Jagtaran Singh, Ridhi Kaur and with the grace of Waheguru the classes started. The speaker at the first class was Jasdeep, who presented the role of Sikh women in history and the unequal treatment they receive which is not in keeping with the teaching of our Gurus. Ridhi then allowed everyone to do simran and ask all those present to join in. Some of the other interesting topics have been “Harry Potter” and how beliefs in the story relate to Sikh beliefs. Also there were classes on the environment, bullying and its impact on all of us, and of course information about our Gurus.



With the new year Ridhi has renamed the class as “Sikhi in the Spot Light”. The classes have been expanded so if you missed them last year join us any time on Sunday evening from 5:30pm to 7:00pm at Scarborough Gurdwara.

WATERFRONT MARATHON – Inderpal Kaur Wig



On Sunday September 24, 2006 the streets of downtown Toronto were filled with some 10,000 runners taking part in the annual Scotiabank Toronto Waterfront Marathon. There were 11 Sikh runners from England as part of "Team Fauja", joined by 35 children, youth and adults from the GGSCF. The team from England comes annually to take part and encourage others in the community to keep fit by participating in running or walking. Harmander Singh, the coach for the team, brought some new younger faces like Amritpal Singh 9 years old and Assa Singh 12 years old. There were also familiar faces like Ajit Singh who is only 75 years old who ran the half marathon with many others. The GGSCF also had Diljan Singh Dhillon, only 8 years old, and others ranged in age to the most mature at 89 years old Ujagar Singh Sidhu. Everyone who came out was inspired by all those taking part and they also enjoyed free sholay/rice distributed by the GGSCF. After the run the team from England came to the Gurmat Class to share their experience and motivate others to run and keep fit. If you missed this event this year we hope to see you next year.

FRED VICTOR CENTRE – Sonia and Rupinder Kaur



October 15, 2006 saw the start of the winter program of taking food to the Fred Victor Center in downtown Toronto. Hot vegetarian meals prepared at Scarborough Gurdwara are taken by youth and some parents to this downtown shelter. There they are served free to those on the street or those living on subsidized housing. Last year the kitchen of the Fred Victor Center caught fire, so this year the kitchen has been re-equipped and just opened this fall. For the GGSCF this is our 6th year with this program, which started in November of 2000. During the years we have had new youth take charge and this year is no exception, with Rupinder Kaur Matharu and Sonia Kaur Prihar taking on this responsibility. If you would like to help please contact: sonia_prihar@hotmail.com or sweethoneyplayer32@hotmail.com.

GURU NANAK WALK – Kultar Singh Dhuck



Yes, it rained all day but it was not a 'washout' because no-one quit regardless of the weather. The 100+ participants came prepared on Sunday October 22, 2006 for an 8 km hike along the Rouge River Valley trails. Children from Brampton, Dixie and Scarborough took about 2 hours to complete the trek and along the way they learned about the Saheeds in Sikh history on display boards prepared by the youth from the Brampton Branch 0302. Kultar and Kiran did a good job of organizing the event as usual, and it was good to experience the fall colours and the steep slopes made even more challenging with the weather. After Diwali it was a good workout to lose the pounds we might have put on from all those sweets. Makes you wonder how Guru Nanak Dev Ji would have done this for us so long ago and he traveled thousands and thousands of miles.



EMAIL GROUPS

To make communications easier and not have to remember too many email addresses, Jasjit Singh Dhillon and Sarita Birring have set up the following email groups. This also helps when we change positions such as Board members or branch representatives. Please use these groups as you find necessary.

board@ggscf.com will direct your message to the board members
council@ggscf.com will direct your message to the council members
branch0302@ggscf.com message goes to branch 0302 representatives
branch0303@ggscf.com message goes to branch 0303 representatives
branch0311@ggscf.com message goes to branch 0311 representatives
branch0510@ggscf.com message goes to branch 0510 representative only Hardeep Kaur at present
branch@ggscf.com message goes to all branch representatives
website@ggscf.com sending information to the website, updates, news, corrections etc. Sarita manages this
gsclass@ggscf.com message goes to all the organizers of the gurmat and simran class at Scarborough Gurdwara on Sunday
media@ggscf.com message goes to all the media team
For all other general enquires direct people to use mail@ggscf.com

1000 KM WINTER RUN- Sunny Singh Sandher



On Friday, December 29th, 2006, over 75 volunteers and participants took part in the 1000 km winter run. It was a day to remember, the cold winter weather challenged the participants to reach their goal of 1000 km. The event took place around the exterior of Ontario Khalsa Darbar. The original idea was for the event to take place in Sri Guru Gobind Singh Ji Stadium and around the track, but the conditions were too poor so it was agreed to go around the exterior of Dixie Gurdwara. The weather did not deter the participant who continuously completed lap after lap, in groups. Many volunteers eventually took part in the event, joining many of the participants, some deciding to walk, others deciding to jog, and there were even a few who decided to sprint. Individuals were treated to hot chocolate, sandwiches, granola bars, and many more treats, as they came inside to warm up their hands and feet. Participants from all ages took part, from the youngest being 6 to the oldest being 60 plus. Many participants came prepared for the cold winter weather, wearing mitts, gloves, and scarves to keep themselves warm. "It was difficult, that's for sure, but it was fun," said Jitinder Singh Bal, a participant in the event. "It was one of the most difficult runs endured by the foundation" said Harjot Singh Bains, a participant and organizer in the event. Participants and volunteers knew it wouldn't be an easy task, and they knew it would be a challenge, however in the end, the foundation completed more than expected value of 1000 km, finishing with incredible 1025 km, showing true values of strength, will power, and determination, these are the characteristics that define the foundation and its volunteers and participants. The event was one to remember, the collection target was met and the foundation collected over \$3500 in pledges and donations. And lastly, the foundation continued its tradition of an annual event with the GGSCF annual run.

BOARD CHANGES – Karindeep Kaur Jaswal

The year of 2006 was a very exciting year for the Guru Gobind Singh Children's Foundation; once again the Foundation moved forward and was able to achieve many of their goals. As the year concluded one of the responsibilities of the Council is to participate in a formal evaluation process of the current Board Members. As part of this evaluation process, the Council will ask one or more Board Members to step down formally and nominate new Board Members.

This past year three Board Members have formally stepped down; Kimpreet Kaur Mann, Kultar Singh Dhuck, and Panveer Singh Lachar. The past members of the Board have contributed significantly to the Foundation. On behalf of the Foundation the

Council will like to thank them for their generous contribution of effort and time.

The three new individuals that were asked to join the Board were Amritvir Kaur Bhangoo, Tajinder Kaur Sanghera, and Mandeep Kaur Randhawa. We would like to welcome them all and are looking forward to their continuing contributions in this leadership position.

BRANCH CHANGES – Harjot Singh Bains

With the new year the following leadership changes were made at each of the branches:

Position: 2006 Rep change to 2007 Rep

Branch 0302 – Sikh Heritage Centre (Brampton)

Chair: Mandeep Kaur Deol to Gurleen Kaur Dhaliwal

Administrator: Ravnit Singh Dhaliwal to Nimratvir K. Bhangoo

Coordinator: Premeet Kaur Dhaliwal to Kiran Kaur Deol

News Rep: Sharanpreet Kaur Kelly to Dalbir Singh Kelly

Branch 0303 – Gursikh Sabha Canada (Scarborough)

Chair: Mandeep Kaur Randhawa to Sophia Kaur/Harjot Kaur

Administrator: Jastej Singh Minhas to Amanjit Singh Dhillon

Coordinator: Paul Singh to Parmjit Kaur Flora

News Rep: Sophia Kaur Randhawa to Tanjot K./Bikram S. Gill

Branch 0311 – Ontario Khalsa Darbar (Mississauga)

Chair: Kirpa Kaur Badwal to Sunny Singh Sandher

Administrator: Sunny Singh to Pandeet Kaur Gill

Coordinator: Pardeep Kaur Sanghera to Kirpa Kaur Badwal

News Rep: Jitinder Singh Bal to Pardeep Kaur Sanghera

Branch 0510 – Rexdale Sikh Spiritual Centre (Rexdale)

Chair: Hardeep Kaur Shergill (no change)

We would like to take this opportunity to that all the branch representatives who volunteered through out 2006. Also we look forward to the new representatives making their contributions and adding new ideas and spirit in 2007. Also changes were made to the monthly meetings held at Branch 0302 and 0311. Starting in 2007 meetings will take place every other month alternating between each branch. The meetings will be on the 2nd Sunday of the month from 11am to 1pm. Dates are given on the foundation web site.

Quote below submitted by: Nimratvir Kaur Bhangoo

***"Only those risking to go far
will ever know how far they can go"***

Happy Moments, Praise Waheguru

Difficult Moments, Seek Waheguru

Painful Moments, Trust Waheguru

Every Moment, Thank Waheguru

EDITOR - Paramjit Singh

It is amazing how fast the years seem to go by. It seems like we were only at the start of 2006 yesterday and now we are already in 2007. This is what happens when so much is going on. While many people say there is not enough to do, it is good to see that there is a lot we can do if, but we have to be prepared to do. I think this newsletter shows what children, youth and adults are capable of given the chance to do sewa together. It is amazing to see a 14 year old can arrange to have a book printed, for other youth to organize classes/events for other children and for so many to commit to goals to do more for 2007. This is the true essence of ...children helping children... which has been a mission statement of the GGSCF since its conception. May Waheguru continue to guide all of us along such a path in this New Year and all the years we have before us.

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