

# Guru Gobind Singh Children's Foundation

Issue 21

"Children Helping Children"

November 2007

## Fred Victor Centre

By Sonia and Rupinder



Fred Victor Centre

Like every other year, the GGSCF has been volunteering to help serve food at the Fred Victor Centre, every second Sunday from the months of October to January during the winter season. Rupinder and I were the coordinators of this program and we were extremely honored to be able to participate in a program like helping the needy.

Most people would just call the Fred Victor Centre by a simple name "the homeless shelter" but they're wrong. The Fred Victor Centre is an extremely dedicated place that not only provides food but housing options and even encouragement to people who are in poverty.

Helping at the Fred Victor Centre was an incredible experience that we as the coordinators and helpers will remember. Just looking at the faces of the less fortunate by giving them a plate full of food can really touch someone and make them feel good for what they've done.

The Fred Victor Centre organized an event on April 18th, 2007 at the John Innis Community Recreation Centre. This event was a time for the Fred Victor Centre to thank everyone who volunteered.

Six members of the GGSCF who usually run the trip to the Fred Victor Centre attended: Renu Duggal, Tarlochan Perhar, Sarita Birring, Pritam Singh (our chef), Rupinder Matharu, and Sonia Prihar.

This was a truly spectacular event filled with draws, games, singing, refreshments, dinner, and even dessert. The time we spent organizing and participating at the Fred Victor Centre is something we'll remember for the rest of our lives.

On behalf of ourselves Sonia and Rupinder we'd like to thank Renu aunty, Tarlochan uncle, Gunpreet, Paramjit uncle, Sarita, and Sidd for trusting us always, and guiding us all the way till the end of the very last month of this event. We'd also like to thank all the volunteers from the GGSCF branches from Scarborough to Brampton gurdwara for helping every month! Thank you so much!

## North Bay School Visit

By Renu Duggal



North Bay School Visit

On June 7th, 2007, we were visited by a group of High School students from North Bay.

The visit was spearheaded by their teacher, Mr. J.D. Hetherington, and he was accompanied by his colleague.

The students were studying World Religions, and for some of them, the trip was a real eye opener.

On their arrival, we went to the main hall where we did Ardaas, and after giving Prashad, we had a question-answer session. We proceeded to the Langar Hall, where the students were served on steel plates and traditionally partook in the service. Rice, chickpeas, roti and yogurt were served, followed by ladoos for dessert.

During the meal many questions were asked, as it was hard for the students to understand the concept of ongoing Langar and Sewa. Many inquiries revolved around our religion as a whole, including its concepts, beliefs and practices.

On departure they all took a roomal as a memento of their visit to our Gurdwara.



## Canada Day Parade

By Amanjit Dhillon



Canada Day Parade

On Sunday July 1st, the GGSCF participated in the annual Canada Day Parade in Scarborough.

The event was organized by Sophia Kaur Randhawa and it turned out to be a great success as there were more spectators and a greater volunteer turnout to represent the foundation, all on a warm and sunny day. In fact, there were more than 50 volunteers, all of which completed the 2 km distance on Brimley Road from the Scarborough Town Centre to Lawrence Avenue.

Hundreds lined up along the street and watched the foundation perform both gathka and bhangra in fancy Punjabi costumes as they blasted Punjabi music on the street. Other volunteers handed out candy and red and white balloons to children who watched.

The new foundation van was also in the parade and the children and youth enjoyed decorating it, prior to the commencement of the event.

This was the fifth year the foundation participated in the event and like every year, the parade was much enjoyed by all as they proudly celebrated the 140th birthday of the great country they live in.



## A Letter from the Council



On Fri. June 8th the Council Members of the GGSCF met and had a lot of discussions on upcoming events and the ongoing success of the Foundation. Suggestions and concerns brought forward by various members of the Foundation were addressed. It was a very productive meeting and we all came out feeling a great sense of pride for the dedication and commitment shown by our youth.

As most of you know the motto of the Foundation is Children Helping Children and we are happy to see how we've grown and carry on doing so. At this point I would like to say a few words about the Council. A lot of this information is for children and their parents who may be new and unaware of the involvement of the Council Members.

The Council consists of 7 members who have been with the Foundation since the onset of the Foundation. They are a very dedicated group of individuals who may not all be seen at regular meetings, but are the backbone behind every major undertaking by the Foundation. Each member contributes in whatever way they can in way of time, financially, media relation, being there, helping, showing positive leadership and the list can go on. They all realise the importance of teamwork and communication. Their focus is solely to help the children attain their dreams within the realm of the Foundation and have given umpteen number of hours in volunteering their time. They welcome any communication from the members and welcome suggestions. Their contact information can be obtained from the website and I would ask all members to refrain from judging others on the basis of our own expectations. Give value to what someone does not to what we think they should do! We all welcome your input and once again would like to commend all our children for the great work being done.

Lets all move forward and put our energies in making the 2009 run a big success--- something Canada will remember when it's history is written. Good Luck All. God Bless You.



## Annual Run & Fun Day

By Harjot Singh



Annual Run

On Saturday September 1, members of the GGSCF got together to participate in the annual run in Guru Gobind Singh Stadium at Dixie Gurdwara.

More than 110 participants and volunteers came together and completed 831 km in just under 4 hours. The previous record for the most kilometers completed in an annual was just over 1200 and was set last year in December during the winter run. However, it took more than 8 hours to complete the 1200 km last year.

A total of \$3 700 was pledged and raised with all the money going to help sponsor more children through the existing charities we are currently working with.

After the run, the children and youth stayed for fun day. There were many popular attractions from the Spider Man Castle and the Gladiator Pit to more traditional games like dart throwing and soccer shootout.

But the highlight of the fun day was definitely the dunk tank. For 25 cents, you got 5 throws to dunk one of your friends. Children and adults lined up just to get a chance to dunk one of their own. Gursher Dhillon proved to have the most accuracy after he was able to dunk 4 people with 5 balls.

Overall, the run and fun day turned out to be an exciting event.



Fun Day

## Sikhi in the Spotlight - GGSCF Gurmat and Simrin Classes

By Balraj Dhillon



On the weekend before Halloween, there was a classroom full of youth of varying ages who watched as Jas Singh & Sanjan Singh conducted a Jeopardy game. The Jeopardy game was full of questions varying from "Our Guru's", "Sikh knowledge" and "Sikh people". The prizes for the games were chocolates for the wide eyed youths, eager to get their hands on some sugar. Some of the children were quick to answer the questions, while some were still learning the basics. In light of Halloween, a western tradition, Jas Singh decided to give the class a quick background on Jandut and an overview of afterlife in Sikhi.

Sikhi in the spotlight is a youth based class where the focus is on engaging the youth to learn more about Sikhi. Topics vary from Sikh history, Sikhi & the environment, Punjabi history or sometimes youth specific classes such as bullying. The method of presentations is typically interactive where the youth are given opportunities to ask questions and be fully active in the classes. Ridhi Kaur is the classes Simrin master, who looks to help the youth become well acquainted with the basics of Simrin.



Classes are held every Sunday in the multi purpose room at Scarbrough Gurdwara from 5:30 - 6:30pm. Sikhi in the spotlight is a class that is open to everyone regardless of their age. We are constantly looking for volunteers who can help out by doing Simrin or presenting. If you are interested in obtaining additional information about the classes or just attending the classes, feel free to email us at [gscf@ggscf.com](mailto:gscf@ggscf.com).



## Upcoming Events



Guru Nanak Food Drive	November 10th-30th
Fred Victor Centre	November 17th
Masters College Gurdwara visit	November 17th
GGSCF Office Open Night	November 24th
Fred Victor Centre	December 15th
Skating Trip	December 15th
Building Bridges	December 29th

## Note from the Editors

One of the GGSCF's greatest virtues is its incessant providal of new opportunities - for not only hundreds of suffering children around the world, but also for us, the children who give. So far this year, we have been as prosperous as ever in opportunities to step up and become well-rounded leaders. From feeding the homeless of Toronto, to the Canada Day Parade, it is evident how readily children and youth of the GGSCF utilize their potential and guide us towards a positive future., all the while with a smile. With such attitudes, only progress is inevitable, and we look forward to seeing and making it happen. Great work everyone!

Danielle and Amaris Sahota

## Kids' Corner

Find the words listed below:

S	E	A	S	O	N	S	A	T
N	H	I	C	E	D	L	O	C
O	O	S	F	S	A	U	F	B
W	L	M	K	L	R	C	R	K
F	I	E	X	A	K	V	O	S
L	D	R	B	D	T	A	S	Z
A	A	C	Y	N	C	I	T	I
K	Y	Q	K	G	P	W	N	V
E	S	H	S	B	V	O	L	G
S	N	O	W	M	A	N	I	O

Snowflakes	Skating	Cold
Ice	Gloves	Holidays
Season	Dark	Frost

## Sudoku

Fill in the numbers from 1 to 9 in each column, row and box.

	5							8
		1	3	4				6
	9	4	1				7	3
	3		4	9		8		
		8		2	1		4	
4	2				3	7	8	
5				6	7	1		
7							3	

For more information, contact:

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](http://www.ggscf.com) email: [mail@ggscf.com](mailto:mail@ggscf.com)