



### Windsor to Toronto Relay Run



On August 1<sup>st</sup>, 2014 the children and youth of the GGSCF began their 15<sup>th</sup> Anniversary Relay Run from Windsor to Toronto. The youth were excited and looking forward to this four day trek that commenced promptly at 6:00am from Ambassador Bridge, looking over the Detroit skyline just as the sun was rising. Some of the local sangat from the Windsor area were on hand to greet and cheer on the participants.

On the first day, the participants completed 109km. Mr. Paramjeet Singh Ashat and Mr. Jeevan Singh Gill and their families kindly provided food for the runners and volunteers. Bhagwant Singh, the secretary of the Windsor Gurdwara, also warmly welcomed the GGSCF and permitted the participants to stay two nights. The local sangat donated \$1500 to the children the Foundation supports. The second day began at Thamesville town hall before sunrise as the runners enjoyed the safer and wider shoulder of Highway 2, and along the Thames River into London. At the City Hall Councillor Matt Brown, the Acting Mayor of London, greeted and welcomed the runners, praised them for their hard work, and even donated. Leaders and members of the London Sikh Society also turned out to meet the runners and we're grateful to them for inviting the politicians to meet us at City Hall, for

providing food at the Gurdwara, and local accommodations for the overnight stay. Participants met the local sangat at the Gurdwara who generously donated. On the third day the run passed through Woodstock, the quiet scenic country roads of Oxford County before stopping at the Golden Triangle Sikh Association Gurdwara in Waterloo. Being a Sunday, the local community leaders and members were waiting at the entrance to greet the runners. Then there was brief program in the Diwan, the sangat generously made donations and the participants enjoyed langar. While some runners then continued the run through Kitchener and Cambridge, another group went to a sports tournament organized by Cambridge Gurdwara where again, the local community from Waterloo Region donated generously. The run ended for the day in Flamborough and from there all headed to the Sikh Sangat Hamilton Gurdwara for food before heading to Toronto for the night. The fourth and final day of the run started with some fog before sun came up, the runners pushed hard, through Dundas and Hamilton prior to the roads getting busy. With a brief stop at Guru Ravi Dass Gurdwara Sahib in Burlington, the journey continued through communities in Oakville and Mississauga with a lunch break at Richard's Memorial Park. The team finally crossed Etobicoke Creek and entered Toronto and even though there were downpours and flooding, the runners managed to escape with nothing more than some drizzle. Coming along Lake Shore Blvd. and through Downtown, the team passed the Humber Bay Arch Bridge, the C.N.E Grounds, the C.N. Tower and along University Avenue to the finish at Queen's Park in front of the legislative buildings.

Overall the runners covered 425km over the four days and received donations of just over \$6000 for our less fortunate brothers and sisters around the world which the Foundation support.





## Nagar Kirtan Buses



The 315<sup>th</sup> Anniversary of the birth of the Khalsa was celebrated by thousands of Sikhs in Toronto with the Annual Nagar Kirtan from the CNE Grounds to City Hall. The GGSCF volunteers were again looking after the bus seva, managing 86 buses that shuttled members of the sangat from 17 different stops around the GTA to the event. The event was more challenging than usual with the Gardner Expressway closed in the morning. We also would like to acknowledge the bus company Attridge Transportation who sent one bus to Hamilton after their own local bus had left six people behind.

## Inspirational Steps



Victoria Day weekend saw the 2<sup>nd</sup> annual Inspirational Steps run/walk event take place, stretching across the GTA. 185 registered participants and some others not registered began the journey at Dixie Gurdwara's Nishan Sahib and braved distances of 5km, 12km, 21.1km and 42.2km. It turned out to be a wonderful day, with perfect weather for the shorter distances and some showers for the marathon runners late in the day. It was fantastic to see many participants improve their times from last year, while many more challenged themselves to cover longer distances.

This year, 13 runners completed the marathon, one of whom was Fauja Singh's coach Harmander Singh who completed his 84<sup>th</sup> marathon. Other celebrities included Minister of Sport Bal Gosal and Premier Kathleen Wynne who both participated in the 5km race.

Fauja Singh would be proud to see so many inspired individuals challenge and push themselves to new limits and heights by following an active and healthy lifestyle, and most importantly, bringing together the community. Congratulations go out to all the participants and we hope to see even more next year as we try to grow this event so more of us follow an active and healthy lifestyle while bringing the community together and allowing participants to acknowledge those that inspire their lives.

## CN Tower Stair Climb



In total 32 participants from the GGSCF group took part and raised \$3200 for the World Wildlife Fund to preserve habitat for the wild animals with which we share this earth. While all participants are winners climbing the second tallest tower in the world, this year the fastest person in the GGSCF group was Gursher Singh Dhillon who climbed in 14m58s. In total 4000 people participated in the climb and the event was sold out even though this was the 24<sup>th</sup> climb organized by the WWF. Well done to all the participants and we will see you again next year.

## Food Drives

The GGSCF would like to thank the sangat at Scarborough Gurdwara who collected 3740lbs of food during Vaisakhi and 5486lbs of food on Guru Nanak Dev Ji's Gurburab for the Daily Bread Food Bank. We are also grateful to the employees from Mondelez International who collected money for the food drive at their work and brought rice, soup, pasta and biscuits to add to the effort at the Gurdwara.

## Tie Turban

On April 6<sup>th</sup>, St. Mark's United Church in Scarborough hosted a "Tie a Turban Day" and welcomed Charanjit Singh, the event organizer, and a couple dozen members of the Sikh community, including some Foundation members, to their Sunday service. Churchgoers had a chance to have a *dastaar* tied by which they were all very fascinated and those who did have one tied much enjoyed it. They were also treated to Punjabi chai, samosas and sweets. Afterward, Gurrattan Singh provided an engaging presentation about Sikhism and the significance of the *dastaar* to the church congregation. It was a great chance to reach out to the wider community to teach them about ourselves, well done to the organizers.



## Fun Day



This year the G.S. United Sports Tournament, Scarborough Picnic and Children's Fun Day were held on August 10, 2014. The event has grown so much with thousands of participants and spectators in so many events that start early in the morning and run right through the evening. The best part is that there are activities for all family members.

## Can Sikh



The CanSikh Sports Club again invited the GGSCF on July 12, 2014 to their annual tournament at Wildwood Park, Malton. This year the attendance was a little lower than previous years with the committee not inviting kabbadi players who had been caught doing drugs, however there was much more participation by families as soccer clubs filled the void. The GGSCF served food to those attending and collected donations.

## Seniors Trip

The Annual Seniors Trip this year was to Hamilton. Seniors from Dixie, Malton, Mayfield, Rexdale and Scarborough Gurdwara gathered on Saturday August 23<sup>rd</sup> to be bused to the Sikh Sangat Hamilton Gurdwara in Dundas. There they had tea/pakorras and then headed to the Royal Botanical Gardens for an afternoon of seeing flowers, gardens, woodlots and ravines. Because of the natural beauty, the place is used by many newly-wed couples to have their outdoor marriage service or receptions. After this tour, the 74 seniors went to a local park to have lunch and some of the ladies got



a chance to do some gidha. As the afternoon was overcast and cloudy, some seniors felt cold so the group returned to Hamilton Gurdwara for some fruit and tea. Here the seniors and youth got a chance to share some life experience and some jokes with each other before heading back to the Gurdwaras in Toronto.

## WHEELCHAIR RACE

The GGSCF took on a new role at this annual event organized by Harvinder Kaur and Jagdish Grewal by helping with the logistics of the event. As usual the event was highly competitive with many teams coming out on May 31, 2014 to participate in the wheel chair race.

## Toronto Waterfront Marathon



Representatives of the GGSCF helped by volunteering and participating in this year's Scotiabank Toronto Waterfront Marathon (STWM) that marked its 25th anniversary. Over 20,000 participants took part in the 5km, half marathon and marathon races. The winner of the marathon was Laban Korir who completed the 42.2km race in 2h:8m:15s. Sikhs in the City also participated with Harmander Singh completing his 90th marathon. He would like to complete his 100<sup>th</sup> marathon next year and would like to get 100 Singhs/Kaurs registered in the race to set a new record for Sikhs. Some of the participants of the Inspirational Steps also took part and we shall ask the participants to see if we can get 100 Singhs/Kaurs in next year's event. Volunteers enjoyed the experience by helping at the water stations, the food stations and at the finish line.

## Guru Nanak Walk

The forecast for the day was cold and wet, the first day of fall weather, and this may be why many of the 54 registered participants did not show up. However, 20 brave participants did show up, starting from Hidden Valley Park and trekked





along streams, trails, the waterfront along Hamilton Harbour, Cootes Paradise, McMaster University, Spencer Creek and the Dundas Valley Conservation Area to the finish in Ancaster. Of the participants, 10 completed the 21km distance in about 5.5 hours and the rest completed at least 12km and some 15km. The youngest to complete the 21km was only 10 years old. The walk was to remember Guru Nanak Dev Ji who himself walked over 28,000km when making four journeys to carry the message of God. It was also a day for participants to thank God for all he gives us and to admire the colours/beauty surrounding us during fall autumn season.

### Sponsored Children

This year Ajmer Sidhu, Hardev Samra, Kuldip Dhillon and Surjit Hayre visited the charities through which we sponsor many children in India. All were impressed by the support being provided to these children, many with special needs.



Navjivini School of Special Education



Joti Sarup Kanya Aasra Trust

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Vocational Rehabilitation Training Center

On Dec 12<sup>th</sup> to 16<sup>th</sup>, 2014, VRTC students participated in the National Sports Meet for the Blind, held at New Delhi. At this competition the students got 2 Gold medals, 5 Silver medals & 3 Bronze medals.

### AJMER S. SIDHU

On December 15<sup>th</sup> one inspiring volunteer with the GGSCF left us to be with God, who must have had a greater need for him as we surely still needed him here. He touched so many lives with his positive energy, humble nature, sense of humour and never quitting to any challenge and, in so doing, made our life journey so much richer. He always said to volunteers, "God only blesses some with the ability to do seva and we should be thankful we got such a chance". Even recently, when he learned of his serious illness, he said "God gave me so much, that I happily accept this as his will for me". His physical presence will be missed but his spirit will always be with those whose lives he touched.



### EDITOR: Paramjit Singh

Another year has quickly gone by. It was good to see new younger participants in this year's Windsor to Toronto relay run, while they were guided by young adults who previously were the young participants. It was good to see many more people challenge themselves in the Inspirational Steps, the Guru Nanak Walk, who now have the ability to complete a half marathon at as young ages as 10 years, while others even facing death just see that as another challenge/blessing from God. Being around so many positive and inspirational people is reward enough in volunteering at these events. Hopefully 2015 will bring many more such opportunities.

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